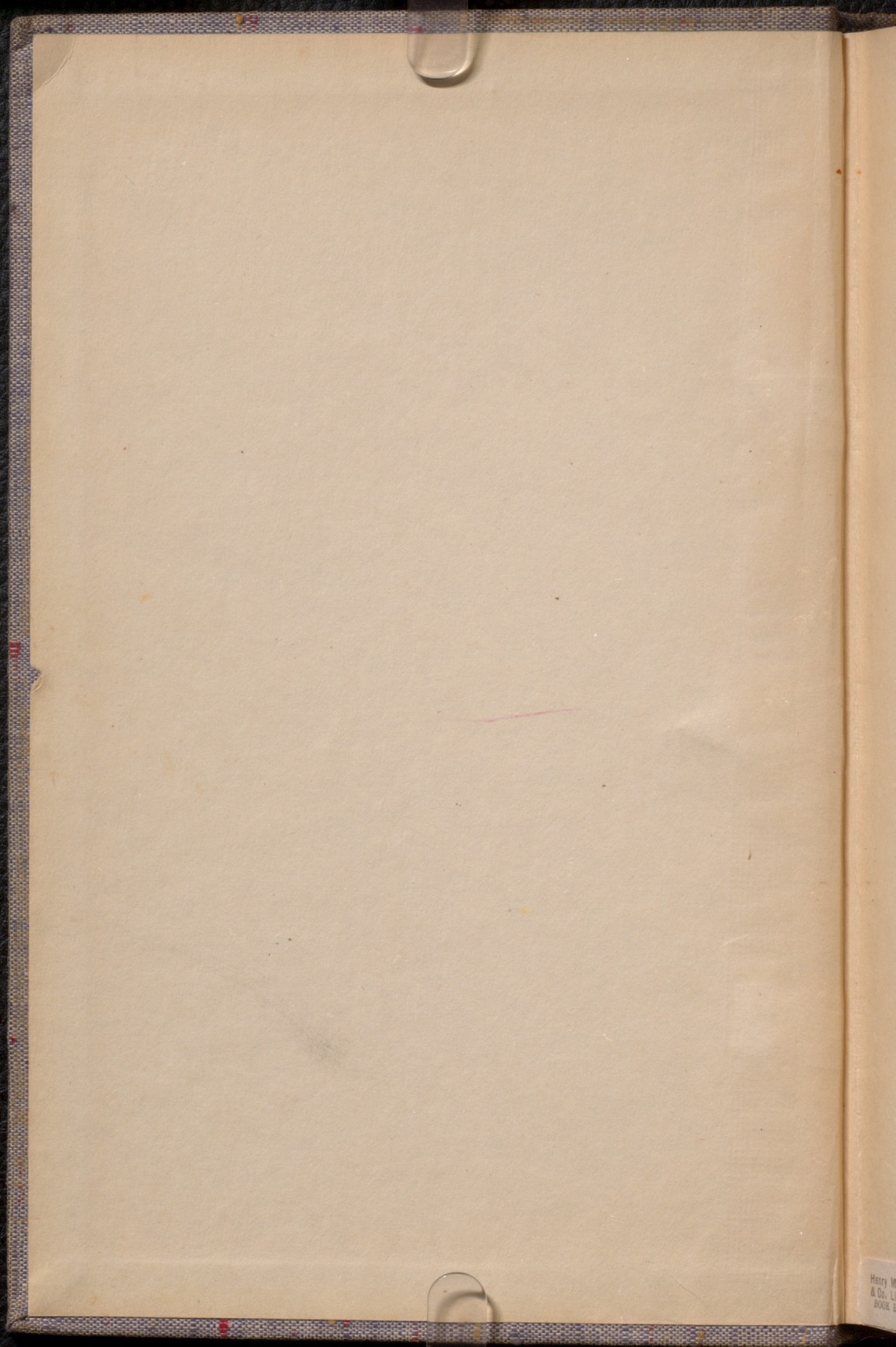


Three Meals a Day
by

JESSIE READ



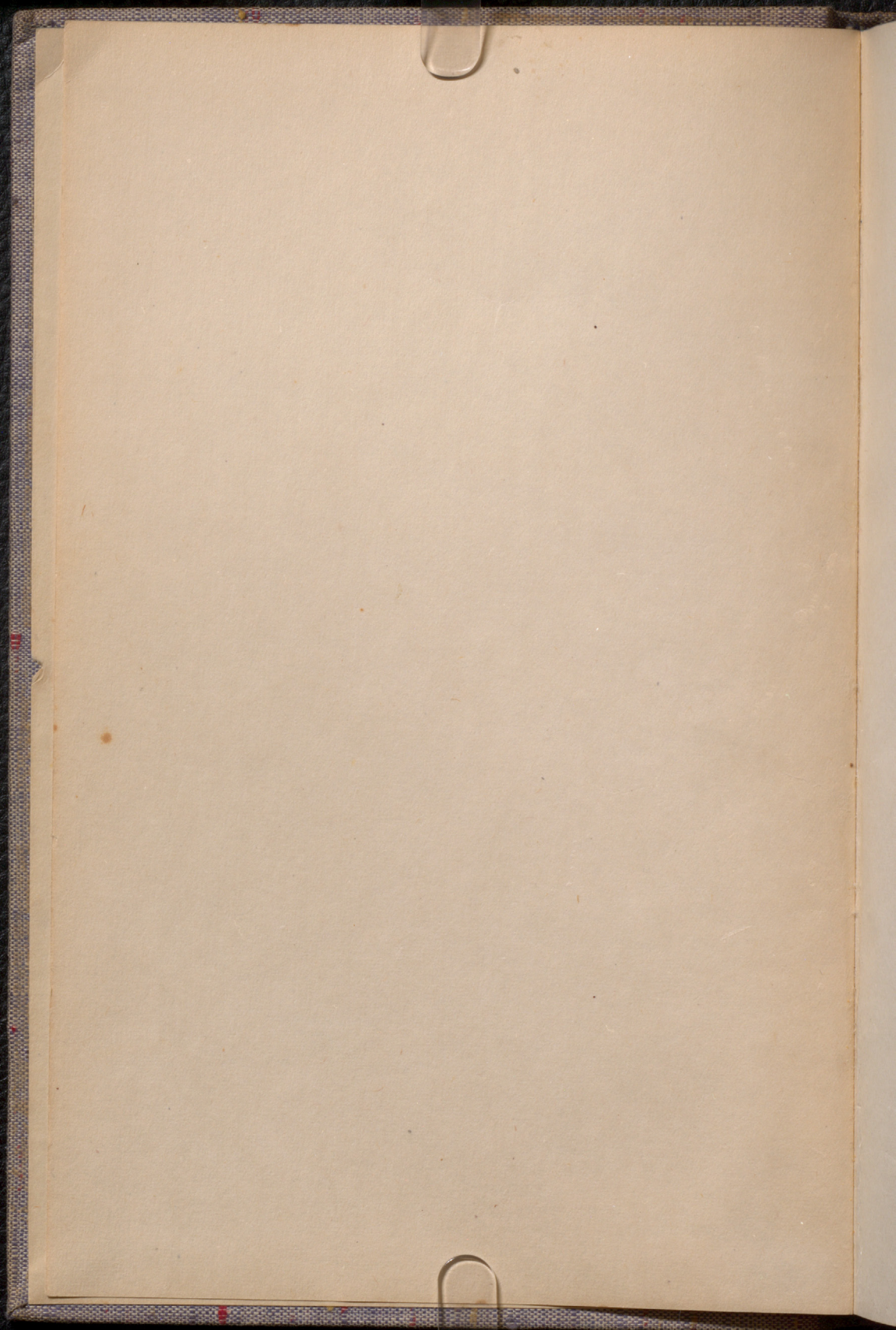
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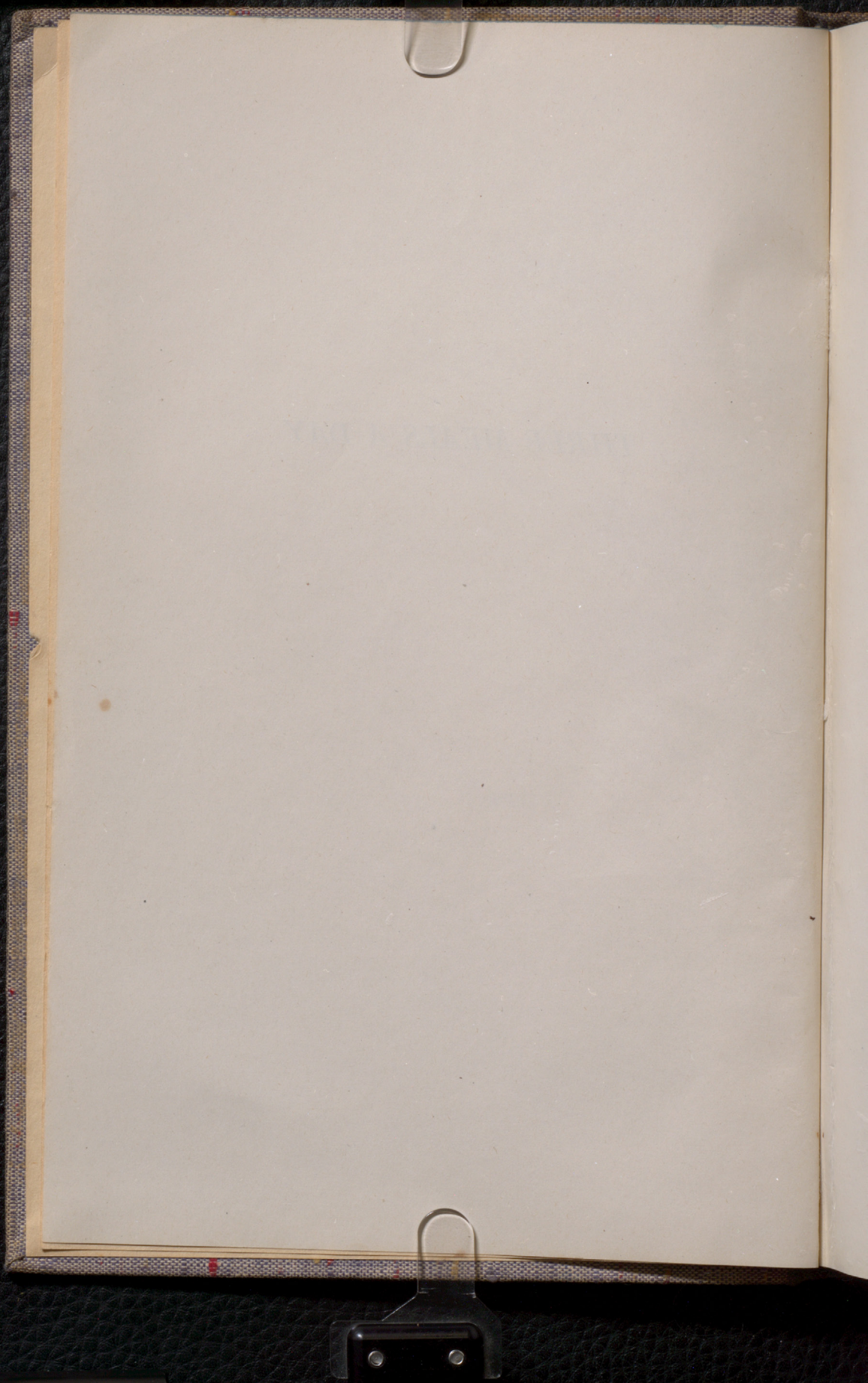
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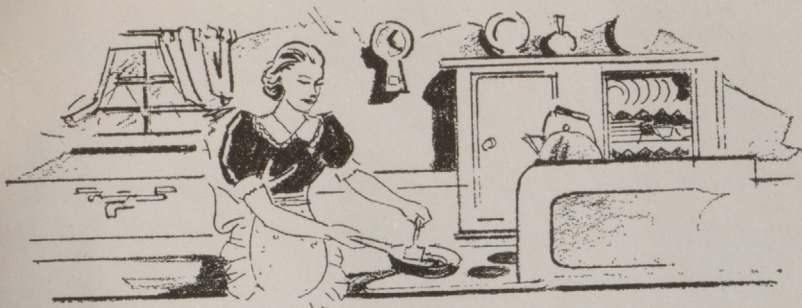


THREE MEALS A DAY





A SEMI-FORMAL DINNER SERVICE



Three Meals a Day

by

JESSIE READ

CANADIAN HOME ECONOMIST,
FOOD EDITOR, "TORONTO TELEGRAM"



NEW AND REVISED EDITION

TORONTO

THE MUSSON BOOK COMPANY LTD.

1945



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TORONTO



FOURTH EDITION

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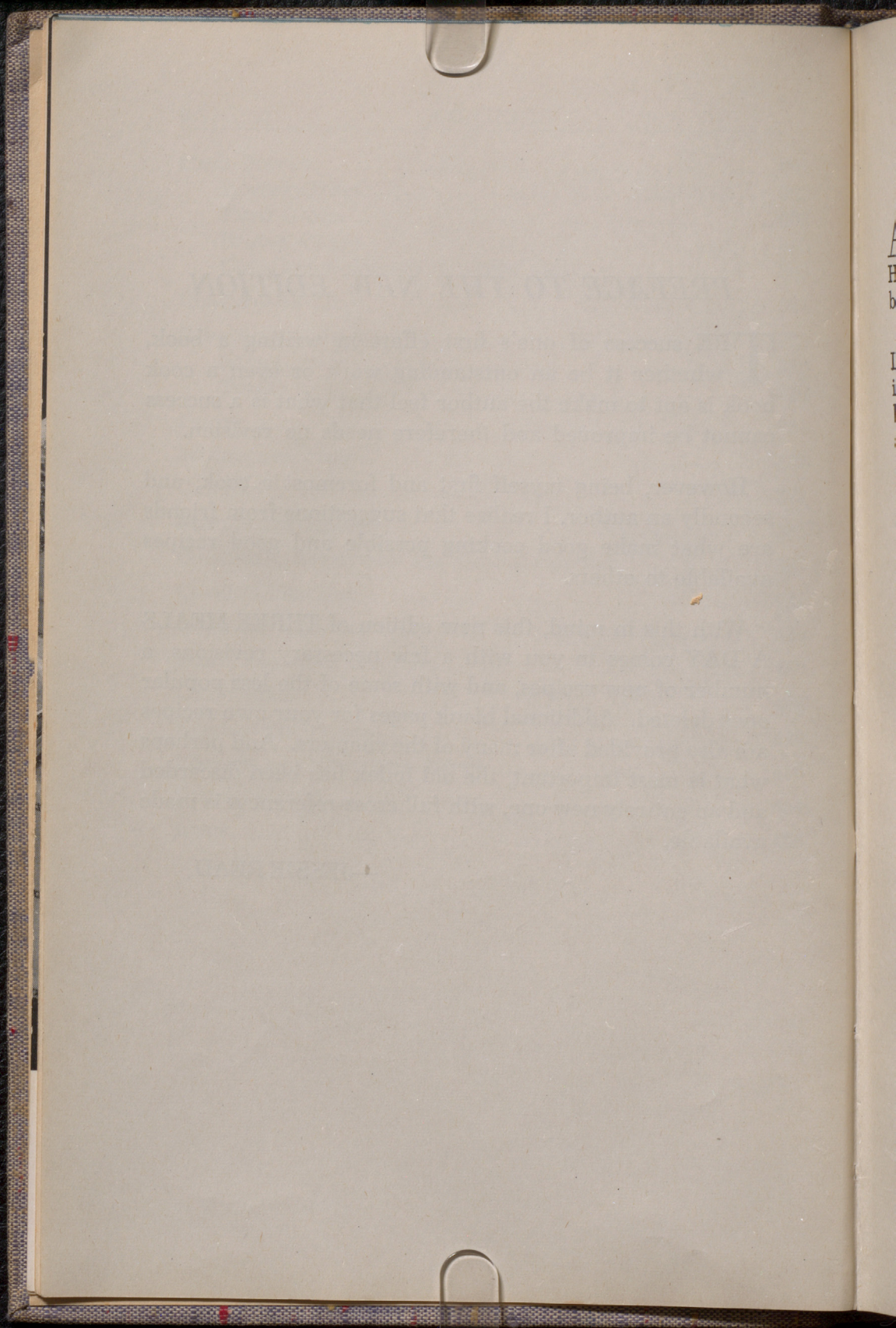
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PREFACE TO THE NEW EDITION

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THE success of one's first effort in writing a book, whether it be an outstanding work or even a cook book is apt to make the author feel that what is a success cannot be improved and therefore needs no revision.

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However, being myself first and foremost a cook, and secondly an author, I realize that suggestions from friends are what make good cooking possible and good recipes available to others.

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With this in mind, this new edition of *THREE MEALS A DAY* comes to you with a few necessary revisions, a number of new recipes, and with some of the less popular ones deleted. Additional blank pages for your own recipes are also provided after many of the chapters. And perhaps what is most important, the old index has been discarded and an entirely new one, with full cross-references is made available.

—JESSIE READ.



PREFACE TO THE FIRST EDITION

A PREFACE is such a formal thing that it really has no place in anything so informal as a cook book. However, I wanted to chat a bit with you so it needs must be through this formal business called a preface.

You and I are both interested in cooking—I am because I love it enough to make a business of it and you must be interested or you would not be the proud owner of this book. To cook well is as fine an art as any woman can accomplish in her given span of years and whether you are a good cook or whether you have hopes of becoming one I do trust that you will find this cook book an answer to many of your problems. I should love to be able to go through it with each of you and point out some of the recipes that I like particularly, but since all of them are products tested personally in my own kitchen, I feel that they will all have their own appeal for you.

I am very anxious that you will have the same amount of success with every recipe you try as I had when I tested them, so may I give you a few suggestions that will assure you of this success. Pastry flour is used in every case unless it is otherwise stated in the recipe. Level measurements, particularly in the flour mixtures and gelatine mixtures, are very essential. The oven plays a big part in baking success so do try to watch the oven temperatures and have them as accurate as possible. At the beginning of each chapter I have mentioned a few things that you might find of interest to read when you are preparing anything in that chapter. Lastly, if you do not have standard measuring cups and spoons I would suggest that they would be of great help in attaining perfection.

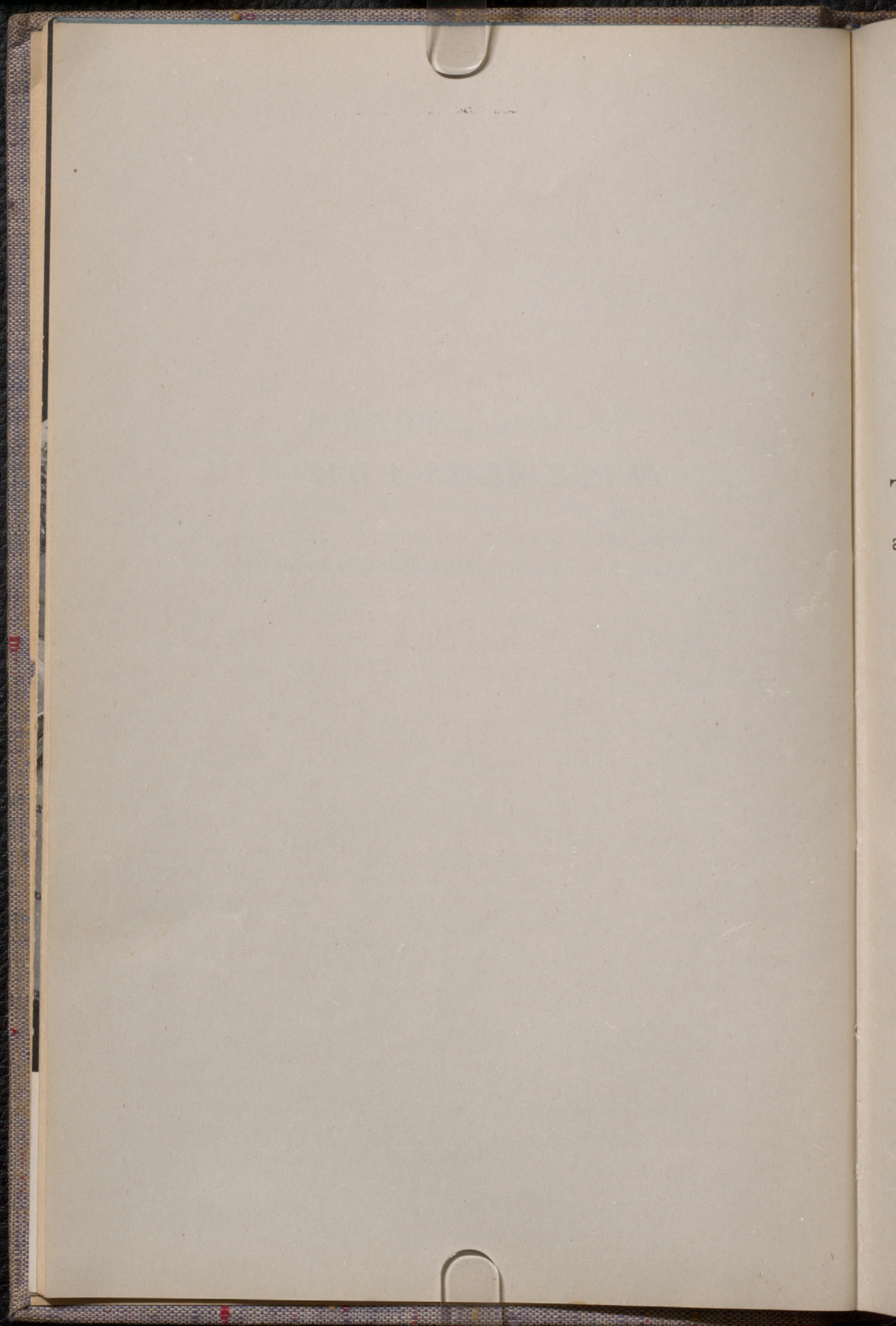
So—I leave with you this collection of recipes with the sincere hope that they will do much toward increasing your joy in cooking and assist in keeping you away from the unforgivable sin of monotonous meals.

—JESSIE READ.

ACKNOWLEDGMENT

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THREE MEALS A DAY





THE modern household does not altogether depend on one beverage because today there are so many obtainable that are quite delicious, nourishing and refreshing.

Besides the more or less standardized tea, coffee and cocoa there are many drinks put up commercially that have found a definite spot in the daily diet of every person. Most of these are malted and used with milk and as such are splendid drinks for the growing child or for the person who is endeavoring to build up a run-down system. Fruit drinks because of their splendid mineral and vitamin content should also be encouraged.

However, with beverages, as with every other food that you serve in your home, it is well to keep in mind the oft-repeated rule of serving hot things *hot* and cold things *cold*. The modern refrigerator makes it possible to serve deliciously chilled drinks that were beyond the hope of many of us at one time. Freeze bits of fruit or mint leaves in the ice cubes or for additional flavor add lemon syrup to the water that you are putting into the trays to freeze.

It is wise to remember too that beverages are not merely thirst-quenchers, they are a necessary part of our daily diet. The body requirement of water for the normal person is from 6 to 8 glasses a day, so be sure to get your requirement, taking at least fifty per cent. between meals.

THE ART OF MAKING GOOD TEA

- 1—Use an earthenware or china teapot to brew the tea.
- 2—When you first buy your teapot measure its capacity with a standard measuring cup so there is no necessity to measure each time.
- 3—Leave a spoon in your tea caddy so that it is always handy for measuring the tea.
- 4—Scald the teapot before you measure in the tea and then measure in the required amount. One teaspoon for each cup.
- 5—Take the teapot to the kettle and pour on the desired amount of rapidly boiling water.
- 6—Cover the pot and set it in a warm place to brew for about 3 minutes.
- 7—If you wish to serve the tea in a silver or pewter pot, scald it first and then pour in the brewed tea.
- 8—Serve tea very hot as desired with cream, sugar or with thinly sliced lemon.

ICED TEA

4 tablespoons black tea.
7 cups boiling water.

Fruit sugar.
Sections of lemon.

Measure tea into scalded teapot. Pour on boiling water and allow to brew for 4 minutes. Strain into glasses filled with ice cubes. Place a section of lemon on the side of the glass and pass fruit sugar. A sprig of mint in the top of the glass adds to its attractiveness.

If your refrigerator will not supply enough ice cubes call one of the ice companies and they will send ice cubes to you.

NOTE—Add a little lemon juice to the water and then freeze it and use these cubes for “icing” the tea. Saves a lot of squeezing on small bits of lemon.

ICED COFFEE

$\frac{3}{4}$ cup coffee.
 $\frac{1}{8}$ teaspoon salt.

6 cups boiling water.

Prepare coffee in above proportions either by “perking” or “drip”. Pour over crushed ice in tall glasses. Serve with cream and fruit sugar.

The left-over coffee from the morning breakfast may be frozen in the refrigerator and used to chill the iced coffee—in which case such a strong brew is not necessary.

COFFEE

Coffee should be:

- (1) Freshly ground.
- (2) Stored in an air-tight container.
- (3) Purchased in small quantities if the family is small and the consumption low.
- (4) Served with cream—milk, even scalded, is not sufficient.
- (5) Made with the addition of a dash of salt. Salt does to coffee what it does to everything else you make—enhances the flavor.

(6) Ground to suit the method of making:
Coarse for boiled coffee. Medium for percolated. Fine for drip method. Powdered for silex method.

Mustard in coffee sounds like the most atrocious food freak you can imagine—but I use it. A very fine chef gave me the trick. Use—oh—a little less than $\frac{1}{4}$ teaspoon for a $\frac{1}{2}$ cup of coffee and quart and a half of water.

NOTE—Use standard measuring spoons and cups.

BOILED COFFEE (To Serve 6)

8 level tablespoons ($\frac{1}{2}$ cup)
coffee.
 $\frac{1}{2}$ cup cold water.

$\frac{1}{8}$ teaspoon salt.
Dash of mustard.
6 cups boiling water.

Measure coffee, salt, mustard and cold water into pot. Mix well. Pour on boiling water. Bring slowly to boil, stirring occasionally. When boiling point is reached reduce heat so coffee merely "steeps" for 5 minutes. Pour on 3 tablespoons cold water to settle grounds, strain and serve.

Eggs may be used to clear coffee or even the shells may be utilized. Mix this with the dry coffee grounds. Use about one small egg for the above amount.

BOILED COFFEE (To Serve 25)

$1\frac{1}{2}$ gallons boiling water.
 $1\frac{1}{2}$ cups medium ground
coffee.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon dry mustard.
2 eggs or shells from 6 eggs.

Bring water to boil. Mix coffee, salt, mustard and eggs (crushed with shell), with sufficient cold water to bind. Turn into cheese-cloth bag. Tie loosely. Plunge into boiling water. Cover closely. Boil 10 minutes. Remove the bag. Serve very hot with cream and sugar.

PERCOLATED COFFEE

8 tablespoons coffee.
 $\frac{1}{8}$ teaspoon salt.

Dash of mustard.
6 cups boiling water.

Measure ingredients into percolator. "Perk" for about 10 minutes.

DRIP COFFEE

8 tablespoons coffee.
 $\frac{1}{8}$ teaspoon salt.

Dash of mustard.
6 cups boiling water.

Measure coffee, salt and mustard into the filter. Pour on boiling water. Keep coffee hot, but not boiling while dripping. Serve at once.

SILEX METHOD

For a demonstration of this I would suggest you visit a good electric dealer. Use same proportions as for drip method except for coffee and use just 6 tablespoons.

QUICK CHOCOLATE SYRUP

7 squares unsweetened chocolate.
 $\frac{1}{2}$ cup sugar.

$1\frac{1}{2}$ cups sweetened, condensed milk (1 can).
1 cup hot water.

Melt chocolate in top of double boiler. Remove from heat and add condensed milk. Stir well. Add water gradually, stirring constantly. Add sugar and stir until dissolved. Pour into a jar, cover closely and store in refrigerator. For each glass of milk use about 2 tablespoons of chocolate syrup. Use either with hot or cold milk.

FROSTED CHOCOLATE

2 tablespoons chocolate syrup.
 $\frac{1}{4}$ cup milk.

2 tablespoons ice cream.
 $\frac{1}{4}$ cup charged water.

Put syrup, milk and ice cream into cold glass. Add charged water and stir well. Makes 1 serving.

NOTE—Ginger ale will do for the charged water in the recipe.

"400"

1 cup cocoa.
1 cup sugar.
1 cup water.
 $\frac{1}{4}$ teaspoon salt.

1 tablespoon butter.
1 teaspoon vanilla.
 $\frac{1}{8}$ teaspoon cinnamon.
2 eggs.

Mix cocoa, sugar, salt and water. Boil 2 minutes. Combine with beaten egg yolks and butter. Cool. Add vanilla and fold in stiffly beaten egg whites. Bottle and use 1 to 2 tablespoons to a glass of cold or hot milk. Store in refrigerator.

HOT COCOA

1½ tablespoons cocoa.
1 to 2 tablespoons sugar.
⅛ teaspoon salt.

1 cup hot water.
2 cups milk.
¼ teaspoon vanilla.

Combine cocoa, sugar, salt and water. Bring to boil and boil for 3 minutes. Add milk, heat to boiling. Add vanilla. Beat thoroughly with Dover beater and serve hot. Serves 6.

ICED COCOA

For iced cocoa cut the water content in the hot cocoa recipe in half and allow the mixture to partially chill before you pour it over crushed ice or ice cubes.

TEA PUNCH

1 teaspoon black tea.
1 cup granulated sugar.
1 quart water.
1 cup orange juice.

½ cup lemon juice.
1 cup grape juice.
1 pint dry ginger ale.

Boil sugar and water together for 5 minutes. Pour 1 cup of syrup over the tea and brew for 3 minutes. Strain tea into remaining syrup. Chill well, add other ingredients. Serve in tall glasses filled with crushed ice and garnish with mint. Serves 10 to 12.

LIME MINT SQUASH

9 limes.
3 tablespoons fruit sugar.
⅛ teaspoon salt.

6 cups cold water.
Crushed ice.
6 sprigs mint.

Into a large pitcher, squeeze and strain the limes. Add sugar, salt and water. Stir together and pour over crushed ice in tall glasses. Add 2 squeezed lime halves to each glass and top with a sprig of mint. Serve at once with cellophane straws. A real thirst quencher.

ORANGE AND LEMON BASIC PUNCH

1½ cups sugar.
2 quarts water.

1 cup lemon juice.
2 cups orange juice.

Boil sugar and water for 5 minutes. Cool, add fruit juices. To this you may add ginger ale, grape juice, soda water and then dilute with ice water before serving.

LEMON SYRUP

1 cup sugar.
2 cups water.

Grated rind of 3 lemons.
½ cup lemon juice.

Combine water, sugar and grated rind. Stir and bring to boil. Boil 5 minutes. Add lemon juice. Bottle and seal. Use as needed.

ORANGEADE

2 pounds fine granulated
sugar.
Grated rind of 4 oranges.

2 ounces citric acid.
3 pints boiling water.

Put sugar into glass mixing bowl. Add grated rind and citric acid. Pour on boiling water. Cover and leave over night. Strain and bottle. Store in refrigerator and serve cold. Dilute as desired.

ORANGE HEALTH COCKTAIL

$\frac{1}{2}$ cup orange juice.
1 egg yolk.

About 1 teaspoon honey.
 $\frac{1}{8}$ teaspoon salt.

Beat all together with Dover beater. Chill well. Good served at breakfast.

HONEY ORANGE QUENCHER

1 cup orange juice.
4 tablespoons lemon juice.

3 tablespoons honey.
 $\frac{1}{8}$ teaspoon salt.

Combine all ingredients and mix well. Pour over crushed ice to chill and serve icy cold. Pour into punch or cocktail glasses. Garnish with sprigs of mint or watercress.

MINT JULEP No. 1

$\frac{1}{2}$ cup sugar syrup.
6 stalks fresh mint.
2 tablespoons lemon juice.

$\frac{1}{2}$ cup grapefruit juice.
1 cup ice water.
2 cups ginger ale.

Heat syrup, add the crushed leaves of mint and let stand $\frac{1}{2}$ hour. Strain. Add fruit juices and chill. Just before serving add ginger ale. Serve in tall glasses with crushed ice and a sprig of mint as a garnish.

MINT JULEP No. 2

$\frac{3}{4}$ cup chopped mint leaves
(loosely packed).
2 cups ice water.

2 cups sugar.
4 cups hot water.
Juice from 6 lemons.

Combine mint leaves and ice water and leave to stand overnight. Combine sugar and hot water and bring to boil for about 2 minutes. Chill and add lemons and the water strained from the mint. Fill glasses with crushed ice and pour in mixture. Serve garnished with mint leaves. Serves 6.

CHERRY PUNCH

1 cup cherry juice (from pre-
served fruit).
 $\frac{1}{2}$ cup pineapple juice.
 $\frac{1}{2}$ cup orange juice.

$\frac{1}{2}$ cup lemon juice.
1 cup sugar syrup.
1 cup cold tea.
1 quart dry ginger ale.

Combine and serve well chilled—diluted with cracked ice.

RHUBARB PUNCH

1 quart diced rhubarb.
1 quart water.
2 cups sugar.

$\frac{1}{2}$ cup orange juice.
 $\frac{1}{4}$ cup lemon juice.
1 quart soda water.

Combine rhubarb, water and sugar. Stew until tender. Strain through very fine sieve. Chill. Add fruit juices and chill thoroughly. Add soda water and crushed ice just before serving. Yields about $2\frac{1}{2}$ quarts.

GRAPE JUICE

Remove grapes from stems, measure and mash grapes. For each quart of grapes, add 1 quart water. Cook until soft. Strain through fine cheesecloth in sieve. For each quart juice add 1 cup sugar. Boil and remove scum. Bottle in sterilized jars while hot. Seal tightly. Keep in cool place.

JIFFY GRAPE JUICE

$1\frac{1}{2}$ cups blue grapes.

$\frac{1}{2}$ cup granulated sugar

Place grapes and sugar in a sterilized quart jar. Fill up with boiling water. Seal and let stand 6 weeks before using. Strain when ready to use.

GRAPE BOUNCE

1 pint grape juice.
 $\frac{3}{4}$ cup lemon juice.

$\frac{3}{4}$ cup fruit sugar.
1 pint soda water.

Combine grape juice, sugar and lemon juice. Stir until sugar is dissolved. Add soda water just before serving. Serve with crushed ice.

GINGER GRAPE FIZZ

1 cup sugar.
2 cups water.
1 cup orange juice.

$\frac{1}{4}$ cup lemon juice.
1 pint grape juice.
1 quart dry ginger ale.

Make syrup of sugar and water. Combine with orange, lemon and grape juices. Chill. When ready to serve add the ginger ale and ice cubes or crushed ice. Serve at once into chilled punch or cocktail glasses.

RASPBERRY VINEGAR

6 quarts red raspberries.
2 pints vinegar.

$1\frac{1}{2}$ cups water.
Sugar.

Crush berries. Combine vinegar and water. Pour over berries, and leave to stand over night. Strain and measure. Add 1 cup sugar for each cup of liquid. Bring to boil for 20 minutes. Bottle and seal.

CLARET LEMONADE

3 tablespoons fruit sugar.
1 tablespoon lemon juice.

2 cups claret.

Fill 2 glasses nearly full with crushed ice. Divide sugar and lemon juice between the glasses and stir well into the ice. Now add the claret. Serve at once. This is very refreshing and cooling for an invalid. You may use either native or imported claret. Serves 4.

WINE EGG NOG

6 eggs.
 $\frac{1}{4}$ cup granulated sugar.
Grated nutmeg.
 $\frac{1}{2}$ cup dry sherry.

$\frac{1}{4}$ cup brandy or rum (if desired).
1 cup 32 per cent. cream.
2 pints rich milk.

Separate the egg yolks and whites. Beat the egg yolks and sugar well together. Add a little grated nutmeg. Stir in the brandy and sherry and mix well. Fold in the stiffly beaten whites and then the milk and cream. Pour into glasses and sprinkle with nutmeg before serving. Makes about 16 servings.

GRAPE WINE

Crush whole blue grapes, removing from the stems. You will need about 1 bushel to make the required 5 gallons of mash and liquid. Add 5 pounds fine granulated sugar. Allow to work and ferment in a warm place, leaving room in each crock for fermentation so it does not overflow. Keep crocks lightly covered to prevent dust from collecting on top and also to prevent fruit flies from flying around. Leave for 3 weeks and strain into a 5-gallon keg. Leave to stand, adding 3 pounds of fine sugar at intervals for each gallon of juice. When the "working" and fermentation stops, "bung" it up tightly and allow to stand for 6 to 12 months. May be used sooner, but is best left for a bit.

BLACK FIG WINE

5 pounds black figs, minced.
1 pound Valencia raisins,
minced.
2 oranges, minced.

5 gallons water.
10 pounds granulated sugar.
1 cake compressed yeast.

Cover figs with water and soak over night. Drain and mince in the morning. Add other ingredients and put into crock. Do not fill too full so as to allow for fermentation. Leave to ferment for 2 weeks. Strain through several thicknesses of cheesecloth. Leave 2 weeks to settle; then bottle. Put corks in loosely until all fermentation has stopped. Store in cool place. Becomes fuller in flavor as it stands.

DANDELION WINE

2 quarts dandelion flowers
2 quarts water.
4 pounds granulated sugar.

2 lemons.
1 cake compressed yeast.
1 slice toast.

Combine flowers and water. Boil until soft. Strain and add sugar and lemons. Boil for 10 to 15 minutes and strain again. Pour into a crock. Cool to lukewarm. Add yeast spread on the toast. Put in a warm place and allow to ferment. Bottle when fermenting ceases.

ELDERBERRY WINE

3 gallons elderberries.

1½ gallons water.

Boil together for 20 minutes and strain through a fine sieve. Measure this liquid into a boiler and add 1 pound granulated sugar for each quart of liquid. Add the rind of 4 lemons. Place on the heat and heat to boiling. Turn into a keg. Add 1 cake yeast and, if desired, ½ tablespoon ginger root. Allow to ferment for 6 to 8 weeks. Strain and bottle.

CHOKE CHERRY WINE

Wash 20 pounds cherries and pack into a large earthenware crock. Add 6 quarts boiling water. When cool enough to handle, crush cherries with the hands, squeezing them well. Allow to stand 3 days. Strain out juice. Add 12 pounds granulated sugar. Let remain in jar 1 week longer. Remove scum, strain again. Let stand until fermenting has ceased, then bottle and cork well. Tie a piece of cheesecloth over the fruit while it is standing, to protect from dust and insects.

RHUBARB WINE

1 gallon cut rhubarb.
1 gallon boiling water.
3½ pounds fine granulated sugar.

1 lemon.
¼ ounce isinglass.

Use strawberry red rhubarb. Wipe off and cut in pieces without peeling. Measure and put into a large tub or container. Pour on the boiling water. Cover and let stand for a week, stirring occasionally. Now strain off the liquid through a jelly bag or finer sieve and press the pulp as dry as possible without making the liquid murky. Add sugar along with shaved lemon rind and strained lemon juice. Stir now and again until the sugar is dissolved. Pour into a clean cask. Dissolve isinglass in a little water and pour slowly into the cask. Cover bunghole only partially or with a folded cloth until the fermentation ceases (about 10 days). Close bung tightly and leave about 3 months before bottling.



HOT BREADS & QUICK BREADS



TO BE able at a moment's notice to produce a deliciously fluffy pan of biscuits or muffins is no mean accomplishment and the quicker that you can do it—the better the product. No matter what quick bread you are making there is no doubt that the less mixing you do the better product you will have. Stir the mixture only enough to break up any large lumps and moisten all the flour.

For shortening I like to use at least half butter in all my quick breads for the sake of the extra flavor it imparts, however when you add the butter in a melted form be sure that it has been cooled first to prevent the finished bread from having a tough crust.

Fruit breads baked in loaf form will retain their moisture longer if they are allowed to cool slightly in the pan and then wrapped in wax paper for storage. Delicious sandwiches and toasts can be made with the use of home-made fruit breads.

Waffle batters and griddle cake mixtures are thin and as a result are so often hard to get smooth. If you have any trouble use a Dover beater to clear the lumps. To get a crisp waffle be sure to bake it until there is no semblance of steam escaping.

Serve hot bread rolls; they are so much more interesting and are simply prepared. There are two methods. You may put the rolls in a bag and then moisten the bag before placing in a hot oven for about 5 minutes or you may moisten the rolls and place them in a pan in the hot oven. In each case do not overdo the moistening.

Hot Breads

DATE AND NUT BREAD

1 cup chopped dates.
 $\frac{3}{4}$ cup hot water or coffee.
 $\frac{1}{2}$ teaspoon baking soda.
1 egg.
2 tablespoons butter.

$\frac{2}{3}$ cup brown sugar.
 $1\frac{1}{2}$ cups flour.
1 teaspoon baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{3}{4}$ cup broken walnuts.

Add soda and boiling water to chopped dates, cool to lukewarm. Add sugar, butter and beaten egg. Add sifted dry ingredients and nuts. Turn into 1 large loaf pan or 2 small loaf pans. Bake at 325 degrees F. for 45 minutes for large loaf and 35 minutes for small loaves.

HONEY NUT BREAD

1 egg.
 $\frac{2}{3}$ cup honey.
1 cup milk.
3 cups flour.

3 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{3}{4}$ cup finely chopped nuts.
1 tablespoon melted butter.

Beat egg well and blend with the honey and milk. Sift dry ingredients and add with the nuts to the first mixture. Add cooled, melted butter. Pour into buttered loaf pan and leave to stand for 1 hour. Bake at 325 degrees F. for $1\frac{1}{4}$ hours.

ORANGE NUT BREAD

3 cups pastry flour.
4 teaspoons baking powder.
1 teaspoon salt.
1 cup sugar.
2 tablespoons grated orange rind.

1 cup finely chopped nuts.
2 eggs, well beaten.
1 cup milk.
3 tablespoons butter, melted.

Mix and sift dry ingredients into a bowl. Add orange rind and nuts. Combine well-beaten eggs and milk. Add to flour mixture and mix together until smooth. Add cooled, melted butter. Do not overbeat mixture. Turn into buttered loaf pan (8 x 4 x 3). Bake at 350 degrees F. for 1 hour or longer.

PEANUT BUTTER BREAD

2 cups flour.
 $3\frac{1}{2}$ teaspoons baking powder.
1 teaspoon salt.
 $\frac{1}{2}$ cup sugar.

1 egg, well beaten.
 $\frac{2}{3}$ cup peanut butter.
 $\frac{7}{8}$ cup milk.

Sift together the dry ingredients. Beat the egg. Add to the peanut butter and milk, which have been blended well together. Add the liquid mixture into the dry ingredients. Mix only enough to blend the ingredients. Turn into a buttered loaf pan and bake at 350 degrees F. for about 50 minutes. Cool and allow to age at least 1 day before using.

JOHNNY CAKE

1 cup cornmeal.
1 cup flour.
2 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon baking soda.
 $\frac{1}{2}$ teaspoon salt.

$2\frac{1}{2}$ tablespoons sugar.
1 egg.
 $1\frac{1}{4}$ cups sour milk.
 $2\frac{1}{2}$ tablespoons butter.

Mix and sift dry ingredients. Beat egg, add milk and add to dry ingredients with as little mixing as possible. Add cooled, melted butter. Turn into a shallow greased pan. Bake at 350 degrees F. for 35 minutes. Cut into squares and serve with maple syrup.

DANISH COFFEE BREAD

2 cups bread flour.
 $3\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup milk.

$\frac{1}{4}$ cup granulated sugar.
 $\frac{1}{3}$ cup butter.
2 eggs.
 $\frac{1}{4}$ cup sultana raisins.

Mix and sift flour, baking powder and salt. Blend in butter and raisins. Combine sugar, eggs and milk. Add gradually to dry ingredients. Mix thoroughly. Roll to fit an 8-inch layer cake pan. Brush top with milk or egg white slightly beaten. Sprinkle over this a mixture of 1 tablespoon granulated sugar, $\frac{1}{4}$ cup chopped blanched almonds, 3 tablespoons chopped citron peel. Bake at 400 degrees F. for 20 to 30 minutes.

ORANGE BRAN BREAD

$\frac{1}{2}$ cup brown sugar.
2 tablespoons butter.
1 egg.
 $\frac{3}{4}$ cup sour milk.
 $\frac{3}{4}$ cup all-bran.

2 tablespoons orange marmalade.
 $1\frac{1}{2}$ cups flour.
 $\frac{1}{8}$ teaspoon salt.
1 teaspoon baking soda.

Cream butter and sugar well. Add well-beaten egg. Now, add milk and all-bran. Allow this mixture to stand for 10 minutes. Add the marmalade and the sifted dry ingredients. Mix enough to blend into a smooth batter. Pour into a buttered (8 x 4) loaf pan. Bake at 350 degrees F. for 35 to 40 minutes.

BRAN BREAD

2 cups flour.
1 teaspoon salt.
3 teaspoons baking powder.
 $\frac{1}{2}$ cup brown sugar.
 $1\frac{1}{2}$ cups bran or bran flakes.

1 cup raisins or dates.
 $\frac{1}{2}$ cup broken nuts.
1 egg.
2 tablespoons butter, melted.
 $1\frac{1}{4}$ cups sweet milk.

Sift together flour, salt and baking powder. Add bran and brown sugar, then fruit and nuts. Stir in beaten egg and milk. Mix lightly and add cooled, melted butter. Turn into greased (8 x 5) loaf pan and bake at 325 degrees F. for 1 hour.

CHERRY AND ALMOND RING

2½ cups flour.
4 teaspoons baking powder.
1 teaspoon salt.
¼ cup shortening.
1 egg, well beaten.
½ cup milk (approximately).

2 tablespoons sugar.
1 teaspoon cinnamon.
½ cup blanched shredded almonds.
Candied cherries, halved.

Mix and sift together the flour, baking powder and salt. Cut in shortening. Combine egg and milk. Add gradually to dry ingredients until a soft dough is formed. Roll ⅓-inch thick on a floured board. Dot all over with 2 extra tablespoons butter. Sprinkle with cinnamon, almonds and cherries. Roll lengthwise and place on a greased baking sheet. Now, with scissors, cut almost through into ¾-inch slices. Turn each slice partly on its side away from centre. Garnish every other slice with a half a cherry after brushing the loaf over with melted butter. Bake at 425 degrees F. for 25 minutes or until browned.

QUICK COFFEE CAKE

2 cups pastry flour.
3½ teaspoons baking powder.
½ teaspoon salt.
½ cup sugar.
½ cup shortening.
1 egg, well beaten.

½ cup milk.
4 tablespoons brown sugar.
1 tablespoon flour.
½ teaspoon cinnamon.
2 tablespoons melted butter.

Measure and sift together the flour, baking powder, salt and sugar. Cut in shortening. Combine egg and milk. Add to flour mixture, stirring until mixture is blended. Turn into greased 9-inch layer cake pan. Brush over top with melted butter. Add any remaining butter to the combined flour, sugar and cinnamon. Sprinkle this evenly over the dough. Bake at 400 degrees F. for 25 to 30 minutes. When done, cool slightly, cut in wedges in pan and remove pieces separately, so topping does not fall off. Makes about 8 wedges.

BRAN COFFEE CAKE

1 cup pastry flour.
½ teaspoon salt.
¼ teaspoon baking soda.
2 teaspoons baking powder.
2 cups bran or bran flakes.

¾ cup seeded raisins.
1 egg.
¾ cup sweet milk.
⅓ cup light molasses.
3 tablespoons melted butter.

Sift together flour, salt, soda and baking powder. Add to bran and raisins. Beat egg well, add milk and molasses. Combine the two mixtures and add cooled, melted butter. Place in buttered pan (8 x 8). Sprinkle top with the following ingredients blended together:

2 tablespoons flour.
1 tablespoon cinnamon.

3 tablespoons sugar.
3 tablespoons soft butter.

Bake at 400 degrees F. for 35 to 40 minutes.

Muffins

QUEEN OF MUFFINS

$\frac{1}{4}$ cup butter.
 $\frac{1}{4}$ cup granulated sugar.
1 egg.
 $\frac{1}{2}$ cup milk.

$1\frac{2}{3}$ cups flour.
 $2\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.

Cream butter and sugar, add egg and beat well. Combine dry ingredients and add alternately with the milk. Bake in moderately hot oven 400 degrees F. 20 to 25 minutes. Makes 8 to 12 muffins.

CHEESE MUFFINS

2 cups flour.
3 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup grated cheese.

2 tablespoons melted butter.
1 egg, well beaten.
1 cup milk.

Mix and sift flour, salt and baking powder. Add cheese. Combine milk and egg and add dry ingredients, then add cooled, melted butter. Bake in buttered muffin tins in a moderately hot oven at 400 degrees F. for 20 to 25 minutes. Makes 9 to 12 muffins.

Variation:

PLAIN MUFFINS—Omit cheese in above recipe.

BUTTERSCOTCH PECAN MUFFINS

2 cups flour.
 $3\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
 $2\frac{1}{2}$ tablespoons butter.
1 egg.

$\frac{1}{2}$ cup milk (approximately).
 $\frac{1}{2}$ cup brown sugar.
3 tablespoons soft butter.
 $\frac{1}{4}$ cup broken pecans.

Mix and sift dry ingredients. Cut in first amount of butter. Add milk and egg to make a soft dough. Knead very slightly. Roll out to $\frac{1}{2}$ -inch thickness, spread with soft butter and sprinkle with brown sugar and pecans. Roll up jelly roll fashion. Cut into inch slices. Place each slice in greased muffin tin in bottom of which there is 1 teaspoon brown sugar and $\frac{1}{4}$ teaspoon butter, also 1 whole pecan if desired. Bake at 400 degrees F. for 20 to 25 minutes. Serve hot.

BACON OR HAM MUFFINS

2 cups flour.
 $\frac{1}{2}$ teaspoon salt.
3 teaspoons baking powder.
2 tablespoons sugar.
1 egg.

3 tablespoons chopped cooked
bacon or ham.
 $\frac{7}{8}$ cup milk.
 $2\frac{1}{2}$ tablespoons melted butter.

Combine and sift dry ingredients into a bowl. Add bacon or ham. Beat egg well and add milk. Add to dry ingredients in mixing bowl and combine only until mixture is smooth. Add cooled melted butter. Drop into buttered muffin pans and bake at 400 degrees F. for 25 minutes. Makes 12 medium size muffins.

OATMEAL MUFFINS

1 cup cooked oatmeal.
 1½ cups flour.
 2 tablespoons sugar.
 4 teaspoons baking powder.

½ teaspoon salt.
 ½ cup milk.
 1 egg, well beaten.
 2 tablespoons melted butter.

Mix and sift flour, sugar, salt and baking powder. Add half of the milk, the well-beaten egg and the remaining milk mixed with the oatmeal. Add cooled, melted butter. Beat only enough to combine. Bake in buttered muffin tins at 400 degrees F. for 25 to 30 minutes.

BANANA BRAN MUFFINS

2 tablespoons butter.
 ¼ cup sugar.
 1 egg, well beaten.
 1 cup bran flakes.
 1 cup sour milk.

1 cup flour.
 ½ teaspoon baking soda.
 ½ teaspoon salt.
 1 teaspoon baking powder.
 ½ cup chopped banana.

Cream butter and sugar; add egg, milk and bran. Allow to stand while preparing the other ingredients. Sift together the remaining dry ingredients. Sift these into the first mixture, add banana and mix together only enough to combine. Bake in buttered muffin tins at 400 degrees F. for 20 to 25 minutes.

ORANGE MUFFINS

2 cups flour.
 3 tablespoons fine granulated sugar.
 ½ teaspoon salt.
 3 teaspoons baking powder.
 1½ teaspoons grated orange rind.

1 egg.
 ¾ cup milk.
 2½ tablespoons melted butter.
 1 tablespoon butter.
 2 tablespoons fine granulated sugar.
 2 tablespoons orange juice.

Mix and sift dry ingredients and grated orange rind. Beat egg well, add milk and combine with dry ingredients. Mix only enough to combine. Add cooled, melted butter. Drop into greased muffin tins, prepared with ¼ teaspoon butter, ½ teaspoon sugar and ½ teaspoon orange juice in the bottom of each. Bake at 400 degrees F. for 25 minutes. When done, loosen all muffins around the edge and turn upside down on a cake rack. Makes 12 medium size muffins.

BRAN CORN BREAD WITH BACON TOP

2 eggs, well beaten.
 1 tablespoon melted butter.
 2 cups sour milk.
 ½ cup all-bran.
 2 cups cornmeal.
 ½ cup bread flour.

1 teaspoon salt.
 1 teaspoon baking powder.
 1 teaspoon baking soda.
 1 tablespoon sugar.
 ¼ pound bacon, chopped.

Combine beaten eggs, butter and milk. Add all-bran and cornmeal. Let stand 2 minutes. Meanwhile, sift together remaining dry ingredients and add to first mixture. Pour into buttered pan (9 x 12) and sprinkle bacon over top. Bake in hot oven at 425 degrees F. for about 25 minutes, then slip under broiler to brown crust and crisp bacon.

BRAN MUFFINS

1 $\frac{1}{4}$ cups flour.
1 $\frac{3}{4}$ cups bran.
1 teaspoon baking powder.
1 teaspoon baking soda.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{3}$ cup brown sugar.

$\frac{1}{2}$ cup chopped dates or raisins.
1 egg.
 $\frac{1}{4}$ cup molasses.
1 cup sour milk.
2 tablespoons melted butter.

Sift all dry ingredients except bran into bowl; add bran and fruit; add beaten egg to milk and molasses. Mix quickly into dry ingredients; add cooled, melted butter. Bake in buttered tins at 400 degrees F. for 25 minutes.

RICE MUFFINS

1 cup boiled rice.
2 eggs, well beaten.
 $\frac{1}{3}$ cup melted butter.
1 cup milk.

1 tablespoon sugar.
 $\frac{1}{2}$ teaspoon salt.
1 $\frac{2}{3}$ cups flour.
3 teaspoons baking powder.

To the rice add the beaten eggs, milk and melted butter. Beat well together. Mix and sift the dry ingredients and add to the first mixture. Mix only enough to combine. Bake in 12 medium size muffin tins at 400 degrees F. for 25 minutes. Serve hot.

STRAWBERRY SURPRISE MUFFINS

2 cups flour.
3 $\frac{1}{2}$ teaspoons baking powder.
3 tablespoons fine granulated sugar.
 $\frac{1}{2}$ teaspoon salt.

$\frac{3}{8}$ cup milk.
1 egg.
2 tablespoons melted butter.
Strawberry jam.

Measure the dry ingredients into the flour sifter and sift into a bowl. Beat the egg very well with a Dover beater, add the milk. Add this mixture to the dry ingredients. Mix together with as little mixing as possible—just enough to combine. Now add the melted butter which has been cooled first. Turn into 9 large buttered muffin tins—or 12 medium ones. Put 1 teaspoon of strawberry jam on top of each muffin. Bake at 400 degrees F. for 25 minutes. Serve hot.

STRAWBERRY TEA CAKES

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup sugar.
2 eggs.
3 tablespoons strawberry jam.

$\frac{1}{4}$ teaspoon salt.
1 $\frac{1}{2}$ cups flour.
 $\frac{1}{2}$ teaspoon baking soda.
1 tablespoon warm water.

Cream butter well. Add sugar and mix thoroughly. Now add the well-beaten eggs. Beat all well together, and add the strawberry jam. Sift the flour and add with the water, in which the baking soda is dissolved. Mix together and turn into small buttered muffin tins. Bake at 350 degrees F. for 20 minutes. Makes 2 dozen small tea cakes. Serve warm. It is not necessary to frost or serve with butter.

Tea Biscuits

TEA BISCUITS

2 cups pastry flour.
4 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.

3 tablespoons shortening.
 $\frac{1}{2}$ cup milk (approximately.)

Sift dry ingredients. Cut in the shortening. Add milk. Turn on to lightly floured board. Knead gently into shape. Roll or pat out to desired thickness. Cut into rounds. Place on lightly greased baking sheet, and bake at 425 degrees F. for 12 to 15 minutes.

Variations:

1. **SOUR MILK BISCUITS**—Add $\frac{1}{4}$ teaspoon baking soda to the sour milk and leave out $\frac{1}{2}$ teaspoon baking powder.

2. **CURRENT SCONES**—Add 1 tablespoon sugar, $\frac{1}{4}$ cup currants, 1 egg, and omit $\frac{1}{2}$ teaspoon baking powder. Beat the egg and pour into a measuring cup, then add enough milk to make the approximate $\frac{1}{2}$ cup.

3. **CHEESE BISCUITS**—Omit 2 tablespoons shortening and add $\frac{1}{2}$ cup grated cheese.

4. **CHEESE PINWHEELS**—Roll out to $\frac{1}{2}$ -inch thickness. Sprinkle with grated cheese. Roll up like a jelly roll, cut into inch slices, and bake on a baking sheet.

CHEESE AND BACON TEA BISCUITS

2 cups pastry flour.
4 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
3 tablespoons shortening.

$\frac{1}{4}$ cup chopped crisply cooked
bacon.
 $\frac{1}{2}$ cup grated cheese.
 $\frac{1}{2}$ cup milk.

Sift the dry ingredients. Blend in the shortening and add the bacon and grated cheese. Now add the milk and blend the ingredients together. Toss on to a floured board. Pat out and cut into desired shapes. Bake at 425 degrees F. for 20 to 25 minutes. Serve hot.

TOMATO TEA BISCUITS

2 cups flour.
4 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ cup tomato juice.

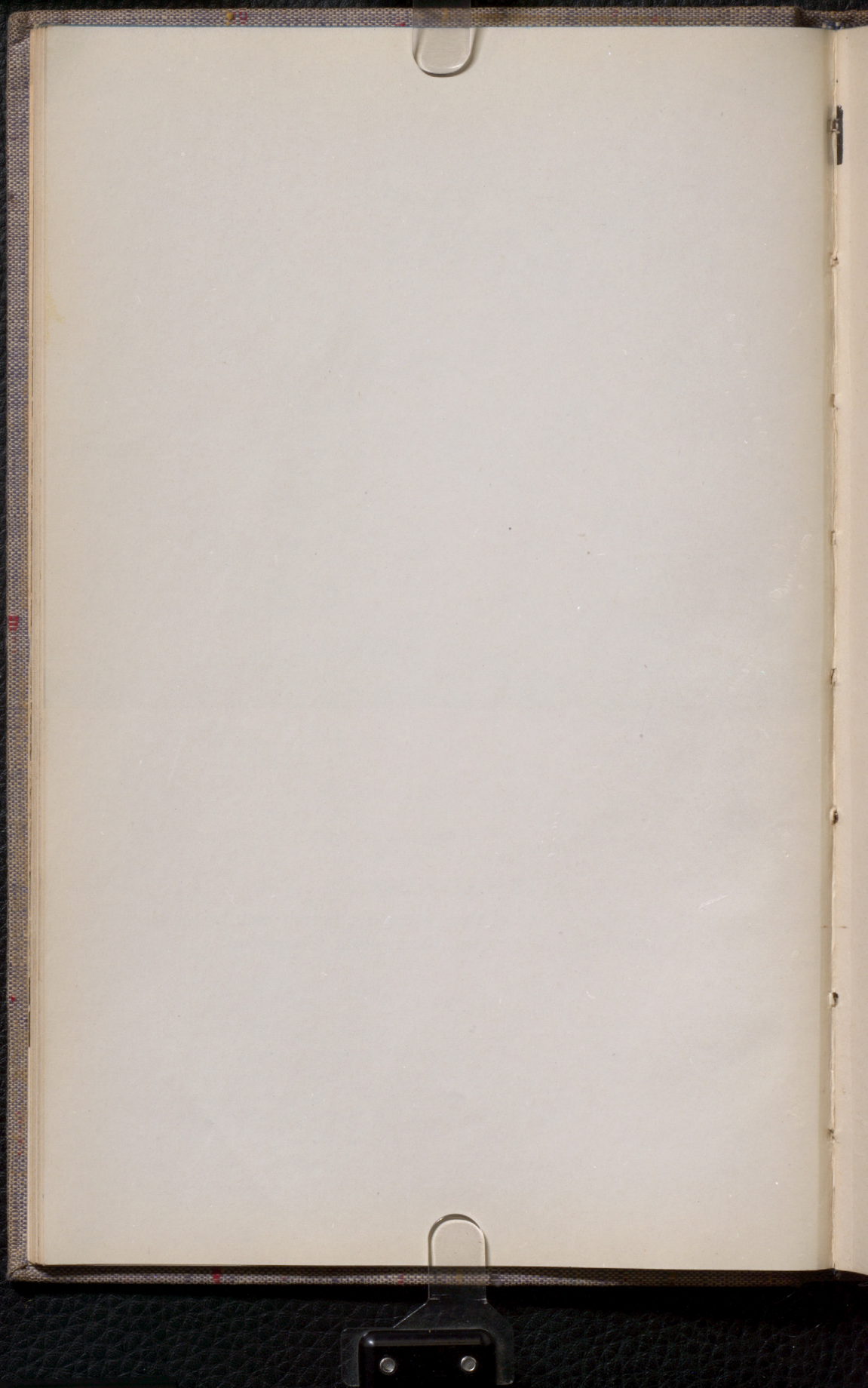
Sift flour, baking powder and salt. Work in the butter to a fine crumb. Make a well in the centre of the flour mixture, add the tomato juice. Combine into a soft dough. Knead very gently. Pat out to $\frac{3}{4}$ -inch thickness. Cut with round or fancy cutter. Bake at 400 degrees F. for about 20 minutes.



ATTRACTIVE BREADS

From the roll dough, any of these attractive breads may be made.

A dab of plain icing turns them into a "sweet bun".



HONEY TEA BISCUITS

Make regular tea biscuit mixture. Cut into medium size biscuits. Bake as directed. Remove from oven, split in halves. Spread lower halves with butter (lots of it) and the top halves with honey (lots of it, too). Put halves together and let stand a few minutes so that it "goos" together before serving.

FRUIT SCONES

2 cups pastry flour.
4 teaspoons baking powder.
¼ teaspoon salt.
1 tablespoon granulated sugar.
3 tablespoons shortening.
¼ cup seedless raisins.

3 tablespoons chopped green
or red cherries.
2 tablespoons finely chopped
almonds (can be omitted).
1 egg, lightly beaten.
⅓ cup milk.

Mix and sift dry ingredients. Add shortening and blend into the dry ingredients. Add the fruits. Beat the egg and add the milk; now add the liquid to the dry ingredients and blend together. Turn on to a lightly floured board and knead for about 1 minute. Divide dough into 2 rounds, and pat into ¾-inch thickness. Cut each round into 4 wedge-shaped pieces. Bake on a buttered sheet at 425 degrees F. for about 15 to 20 minutes. Serve warm with butter. Makes 8 scones.

ORANGE TEA ROLLS

2 cups flour.
1 tablespoon sugar.
3½ teaspoons baking powder.
½ teaspoon salt.

4 tablespoons butter.
1 egg, well beaten.
⅓ cup milk (approximately).

Mix and sift dry ingredients. Cut in butter. Add well-beaten egg and milk (add a little less than ⅓ to begin with). Mix carefully to a dough, easily handled. Roll to ⅓-inch thickness and spread with the following mixture creamed together:

2 tablespoons butter.
½ cup orange marmalade.

2 tablespoons chopped nuts.

Roll up jelly roll fashion. Cut into ¾-inch slices and place in small buttered muffin tins. Bake at 425 degrees F. for 18 to 20 minutes.

NOTE—Use a thick marmalade.

TEA BISCUITS WITH SARDINE FILLING

Make small tea biscuits. Bake to a delicious brown. While still hot, split and fill with the following mixture:

½ cup mashed sardines.
1 tablespoon chopped celery.
1 teaspoon chopped capers.

1 tablespoon cream.
Salt, pepper.
Lemon juice.

Serve hot, garnished with parsley.

CURRENT TEA MUFFINS

2 cups pastry flour.
3 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon grated lemon rind.
1 cup currants.

1 egg, well beaten.
 $\frac{1}{2}$ cup granulated sugar.
2 tablespoons melted butter.
 $\frac{1}{2}$ cup milk.

Mix and sift the flour, baking powder and salt. Add the grated lemon rind and the currants. Beat the egg well, add the sugar and beat well again. Add the cooled, melted butter and add this mixture with the milk to the flour mixture. Combine quickly and drop in buttered muffin tins, and bake at 400 degrees F. for 20 to 25 minutes. Serve hot.

ONION SHORTCAKE

1 cup onions, sliced thinly.
 $\frac{1}{2}$ teaspoon salt.
2 teaspoons butter.
 $\frac{1}{2}$ cup sour cream.

2 tablespoons chopped
pimiento.
1 small egg, slightly beaten.

Cook onions slowly with salt and butter until tender. Do not allow to brown. When cool, spread onions and pimiento over top of tea biscuit mixture, rolled to $\frac{1}{4}$ -inch thickness and arranged in layer cake pan. Combine beaten egg and cream and pour over top of onion and pimiento. Bake at 425 degrees F. for 20 minutes or until slightly browned. Serve with roast pork. Serves 6.

NOTE—Use 2 cups flour for tea biscuit mixture, or this is an ideal spot for the packaged tea biscuit mixture.

SHILLELAGHS

2 eggs.
 $\frac{3}{4}$ cup milk.
2 cups flour.
4 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.

$\frac{3}{4}$ cup coarsely grated old
cheese.
3 tablespoons butter, melted.
 $\frac{1}{2}$ teaspoon paprika.

Beat eggs and reserve 2 tablespoons. Add milk to eggs. Sift dry ingredients together. Add cheese then eggs and milk. Add cooled, melted butter. Turn into buttered pan (9 x 9). Spread reserved egg on top. Sprinkle with paprika. Bake at 400 degrees F. for 20 minutes. Cut in small squares.

OAT CAKES

2 cups fine granulated oatmeal.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon sugar.

$\frac{1}{2}$ teaspoon baking soda.
1 tablespoon shortening.
1 cup boiling water.

Mix dry ingredients. Add shortening to boiling water and stir into the dry ingredients. Turn out on to a board sprinkled with oatmeal and knead into a round. Roll out with a rolling pin until quite thin. Cut into triangles about 3 inches in size. Arrange on a baking sheet and bake at 300 degrees F. until dry and crisp—about 1 to 1 $\frac{1}{2}$ hours.

Yeast Breads

WHITE BREAD (Quick Method)

1 cake compressed yeast.
2 tablespoons sugar.
1 pint milk, scalded.

2 tablespoons shortening.
2 teaspoons salt.
6 to 7 cups bread flour.

TO MAKE SPONGE—Crumble the yeast cake. Add sugar, fat and salt to scalded milk. Cool to lukewarm and pour over the yeast. Add enough flour—about 2 cups—to make a spongy mixture. Beat well until mixture has a definite elasticity. Cover and set in a warm place—out of any draught—until sponge is all bubbly on top. This will take about 1½ hours.

TO MAKE DOUGH—Beat the sponge down with a spoon, adding the remaining flour until the dough will not cling to the side of the bowl. Turn out on a board lightly floured and knead until smooth.

TO KNEAD—Shape the dough into a rough mound. Flour the hands. With the fingers and palms resting lightly on the dough, draw the dough a little forward, then press gently down and backwards with the palms, using a full wrist movement. Give the dough a quarter turn and repeat the motion, continuing until the dough is smooth and elastic. Test with the finger tip and if it springs back at once the dough is kneaded enough.

SECOND RISING—Place the dough into a buttered bowl and brush over top with melted butter. Cover and put in warm place until double in bulk.

TO SHAPE LOAVES—When dough is light, cut the dough into 2 parts and knead each into a smooth roll. Place rolls in 2 greased pans, brush over top with melted butter. Set in warm place again, covered, until double in bulk.

TO BAKE—Place in hot oven 450 degrees F. for 10 minutes and reduce to 350 degrees F. to complete baking—about 50 minutes longer.

A “done” loaf will have a hollow sound when rapped on the crust with the knuckles.

A dish pan of lukewarm water placed on a radiator or near a warm place is ideal for raising the bread.

WHOLE WHEAT BREAD

1 cake compressed yeast.
 $\frac{1}{4}$ cup lukewarm water.
 $\frac{3}{4}$ cup boiling water.
 $\frac{2}{3}$ cup milk.

1 teaspoon salt.
2 teaspoons honey.
1 tablespoon shortening.
 $1\frac{1}{3}$ pounds whole wheat flour.

Dissolve yeast in lukewarm water. Combine boiling water and milk. Add yeast and other ingredients in order given. Mix well, adding the flour last. If dough seems soft, add more flour. Knead well and shape into loaf. Place loaf in 1 large or 2 medium greased pans. Grease well over top of dough, and set in a warm place and allow to rise until double in size. Bake at 350 degrees F. for 20 minutes, then increase temperature to 400 degrees F. to complete the baking. Large loaf takes 1 hour. Use pan approximately (12 x 3 x 3).

STANDARD DOUGH FOR SWEET ROLLS AND BREADS**FOUNDATION SPONGE**

$\frac{1}{4}$ cup lukewarm water.
1 cake compressed yeast.
1 tablespoon granulated sugar.

$1\frac{1}{2}$ cups scalded milk.
 $2\frac{1}{2}$ cups bread flour
(approximately).

Add sugar and broken yeast cake to lukewarm water. Let stand until yeast is softened. Scald milk. When lukewarm add to yeast mixture. Mix well, add flour to make a thick batter. Cover closely. Set in warm place until mixture is light and full of bubbles (approximately 45 minutes). Beat until light.

2 eggs.
 $\frac{1}{3}$ cup butter.
 $\frac{1}{3}$ cup granulated sugar.

1 teaspoon salt.
 $1\frac{3}{4}$ cups bread flour
(approximately).

Cream butter, add sugar and eggs, add to sponge. Beat well. Add salt and flour to make a soft dough. Mix well. Knead until smooth. Place dough in bowl, brush top with melted butter. Cover closely with cloth. Let stand in warm place until double in bulk. Knead down slightly. Form into rolls or loaves of any desired shape. Allow to rise double in bulk and bake at 400 degrees F. for about 20 minutes. Sweet rolls are often iced with a simple white frosting.

HOT CROSS BUNS

2 cups milk.
½ cup sugar.
¼ cup butter.
1 teaspoon salt.
6 cups bread flour.
¼ cup lukewarm water.

1 cake compressed yeast.
1 teaspoon cinnamon.
2 egg yolks.
¼ cup currants.
¼ cup raisins.

Scald the milk with half of the sugar, the butter and the salt. When cooled to lukewarm add the yeast, which has been dissolved in the warm water. Add enough flour to make a sponge, and leave to rise in a warm place until light and spongy. Cover it well to protect from draughts. Blend the beaten egg yolks with the sugar that remains and the cinnamon. Add this to the sponge, add raisins, currants and flour to make a stiff dough. Knead until elastic. Place in buttered bowl and brush over the top with melted butter. Leave to rise in a warm place until double in bulk. Toss on a floured board, knead down slightly and then roll out to ¾-inch thickness. Cut with a round 3-inch cutter and place on a greased pan to rise double in bulk. With a sharp knife cut a cross on the top of each bun or instead you may place a cross of pastry on the top. Bake in a hot oven at 400 degrees F. for about 20 minutes. Brush over the top with a glaze of milk and sugar during the baking.

REFRIGERATOR ROLLS

2 cakes compressed yeast.
1 cup milk, scalded and cooled
to lukewarm.
¼ cup granulated sugar.
¼ teaspoon baking soda.

½ teaspoon salt.
½ cup shortening.
1 egg.
4 cups bread flour.

Crumble yeast into a bowl. Add milk slowly and stir to dissolve yeast. Add sugar, soda, salt, beaten egg and flour. Mix until smooth. Add cooled, melted shortening (or butter) and blend in well. Turn dough out on to floured board, knead quickly into smooth dough and divide into two amounts, each in a greased bowl.

The dough to be reserved for use later on should be greased on top and covered very closely with wax paper. When ready to use in the next few days, remove wax paper and continue as follows: Cover with a towel. Set to rise over a pan of hot water (adding water to it to keep it hot, but not boiling). Let dough double in bulk. Knead down slightly on a floured board. Form into biscuits or rolls and put into greased muffin pans, or on to a buttered baking sheet. Brush over with melted butter. Again place over hot water or in warm place to rise double in bulk. Bake at 400 degrees F. 15 to 20 minutes, until nicely browned. It will take 15 minutes to mix this recipe and about 2½ hours to produce finished product. Yields 1½ to 2 dozen rolls.

PARKERHOUSE ROLLS

Roll dough to about $\frac{1}{2}$ -inch thickness. Cut with floured $3\frac{1}{2}$ -inch cutter. Brush with melted butter. Crease with a knife in centre of round. Fold over. Place on buttered baking sheet and brush top with melted butter. Cover, let rise until light. Bake at 400 degrees F. for 15 to 20 minutes.

CLOVERLEAF OR MARAMOR ROLLS

Roll dough to $\frac{3}{4}$ -inch thickness. Cut into rounds with floured $3\frac{1}{2}$ -inch cutter. Divide each round into 3 parts. Roll each portion into a ball. Dip $\frac{1}{2}$ of each ball into melted butter and place the 3 balls, buttered sides touching, into a greased muffin tin. Allow to rise until light (double in bulk). Bake at 400 degrees F. for 20 minutes.

CHEESE-FILLED ROLLS

1 tablespoon butter.
1 egg.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon paprika.

1 teaspoon Worcestershire
sauce.
 $1\frac{1}{2}$ cups grated cheese.

Combine all ingredients. Spread mixture into the opening of Parkerhouse rolls. Bake at 350 degrees F. for about 5 to 8 minutes. Garnish with parsley to serve.

CHEESE PUFFS

1 cup boiling water.
 $\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ cup flour.
 $\frac{1}{8}$ teaspoon cayenne pepper.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup grated cheese.
2 eggs.

Heat water and butter to boiling. Add flour, salt and cayenne. Stir and cook until mixture leaves the sides of the pan. Add cheese and mix well. Cool. Add unbeaten eggs one at a time, beating in very well. Chill again well. Drop by spoonfuls on buttered baking sheet. Bake in hot oven 400 degrees F. for 15 minutes, reduce heat to 350 degrees F. for 20 minutes.

NOTE—These may, when puffed, have no bottom to them, in which case turn them over and use as shells. Serve with creamed mixtures.

YORKSHIRE PUDDING

2 cups flour.
 $\frac{1}{2}$ teaspoon salt.

2 eggs, well beaten.
1 cup milk.

Combine flour and salt. Add gradually, beating all the time, the milk and eggs mixed together. Using the Dover beater beat this mixture for about 3 to 5 minutes. Meanwhile put 1 tablespoon beef dripping from roasting pan into individual muffin tins. Heat to sizzling in oven and pour in mixture. Have pans about $\frac{1}{2}$ full. Bake at 450 degrees F. until puddings "puff", about 10 minutes, then reduce to 350 degrees F. for 20 minutes.

Waffles and Pancakes

GINGERBREAD WAFFLES

$\frac{1}{3}$ cup butter.
 $\frac{1}{2}$ cup brown sugar.
 $\frac{1}{2}$ cup molasses.
 $1\frac{1}{2}$ teaspoons baking soda.
 $\frac{1}{2}$ cup sour milk.

1 egg.
2 cups sifted flour.
1 teaspoon ginger.
 $\frac{1}{2}$ teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon salt.

Bring butter and molasses to boiling point on stove but do not boil. Add brown sugar, then soda. Combine beaten egg and milk. Combine with first mixture then add to sifted dry ingredients. Beat until smooth. Bake on waffle iron about 5 to 7 minutes. Serve hot with whipped cream or lemon sauce.

SOUR CREAM WAFFLES

$1\frac{3}{4}$ cups sifted flour.
 $\frac{3}{4}$ teaspoon baking soda.
 $\frac{1}{2}$ teaspoon salt.
2 teaspoons baking powder.
2 egg yolks.

$1\frac{1}{4}$ cups sour cream.
2 teaspoons cooled, melted
butter.
2 egg whites.

Mix and sift dry ingredients. Beat egg yolks slightly and add the cream. Add to the dry ingredients with the butter and mix quickly until smooth. Fold in the stiffly beaten egg whites. Heat waffle iron and pour about 2 tablespoons batter into each section. Bake about 3 minutes. Serve with syrup. Makes 4 waffles.

CHEESE WAFFLES

2 cups flour.
1 teaspoon sugar.
3 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ cup finely grated cheese.
 $1\frac{1}{4}$ cups milk.
2 eggs, well beaten.
2 tablespoons melted butter.

Mix and sift dry ingredients, add cheese and milk combined with the eggs. Mix only until smooth. Add melted butter which has been cooled. Bake about 5 minutes or to desired "brownness". Serve with soft butter and any desired creamed mixture.

CHOCOLATE WAFFLES

$1\frac{3}{4}$ cups flour.
 $\frac{1}{2}$ cup cocoa.
6 tablespoons fine granulated
sugar.
 $\frac{1}{2}$ teaspoon salt.

3 teaspoons baking powder.
2 eggs, well beaten.
1 cup milk.
2 tablespoons melted butter.

Mix and sift dry ingredients. Beat eggs well. Add milk and combine with the dry ingredients. Add cooled, melted butter. Beat until smooth. Pour batter into pre-heated iron. Bake about 4 minutes. Cut into sections and serve sandwich style with whipped cream, marshmallows or ice cream as filling. Makes 4 waffles.

DOLLY MADISON WAFFLES

1 $\frac{3}{4}$ cups flour.
3 teaspoons baking powder.
1 tablespoon sugar.
1 teaspoon salt.

2 eggs.
 $\frac{2}{3}$ cup milk.
 $\frac{1}{2}$ cup chopped pecans.
1 tablespoon melted butter.

Mix and sift dry ingredients. Beat eggs until light. Add milk. Add liquid to dry ingredients and beat until smooth. Add pecans and cooled, melted butter. Pour batter into pre-heated waffle iron and bake for 3 to 4 minutes. Serve hot with butter and syrup.

WAFFLES

2 cups flour.
1 teaspoon sugar.
3 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.

1 $\frac{1}{4}$ cups milk.
2 eggs, well beaten.
2 tablespoons melted butter.

Mix and sift dry ingredients, add milk combined with the eggs. Mix only until smooth. Add melted butter which has been cooled. Bake about 5 minutes or to desired "brownness". Serve with soft butter and maple syrup.

PANCAKES

2 cups flour.
2 teaspoons sugar (may be omitted).
1 tablespoon baking powder.

$\frac{1}{2}$ teaspoon salt.
1 to 1 $\frac{1}{4}$ cups milk.
2 eggs, well beaten.
1 tablespoon melted butter.

Mix and sift dry ingredients. Beat eggs well, add milk and stir quickly into dry ingredients. Mix until smooth. Add cooled, melted butter. Pour from pitcher on to hot griddle pan—or if frying pan is used grease it lightly. Cook on one side till bubbles form on top and edges are cooked. Turn and cook on other side. Serve at once hot with butter and syrup or honey.

NOTE—The quantity of milk in this recipe varies according to whether you desire a thick or thin pancake.

PANCAKE AND SAUSAGE ROLLS

Prepare recipe for pancakes as in above recipe and as you bake each pancake, roll it around a broiled or fried sausage. Arrange these in rows on a heated platter and garnish with parsley. Serve with a fresh vegetable salad.

PANCAKES (With Prepared Flour)

2 cups prepared pancake flour.

2 cups milk.

Combine the two ingredients and mix in the milk slowly so that the mixture will not lump. Beat until the mixture is smooth. Drop on to a hot griddle and cook until bubbles form on the surface. Turn, and bake on the other side. Serve with butter and syrup or honey.

MINCED HAM PANCAKES

Add 1 cup minced ham to the prepared pancake flour mixture and stir until smooth. Bake on one side until bubbles are formed, turn and bake on the other side. Bake on a well greased frying pan or griddle. Serve with butter and syrup.

NUT PANCAKES

Add $\frac{2}{3}$ cup chopped nuts to the prepared pancake flour. Bake on hot greased griddle or frying pan until bubbles are formed on one side, turn and bake on the other side, and serve with butter and syrup.

CORN PANCAKES

1 cup cream-style corn.
2 eggs, well beaten.
 $\frac{1}{4}$ cups milk.
2 cups flour.

$2\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
1 tablespoon sugar.
 $1\frac{1}{2}$ tablespoons melted butter.

To the corn add the well-beaten eggs and the milk. Mix and sift the dry ingredients. Add liquid ingredients slowly and mix until smooth. Add cooled, melted butter. Drop in spoonfuls on hot, well greased frying pan or special griddle. When bubbles form, turn and brown on other side. Serve hot with maple syrup. For a luncheon dish, broiled bacon is an interesting addition.

TOAD IN THE HOLE

$1\frac{1}{2}$ cups flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon baking powder.

1 cup milk.
2 eggs, well beaten.
1 pound sausage.

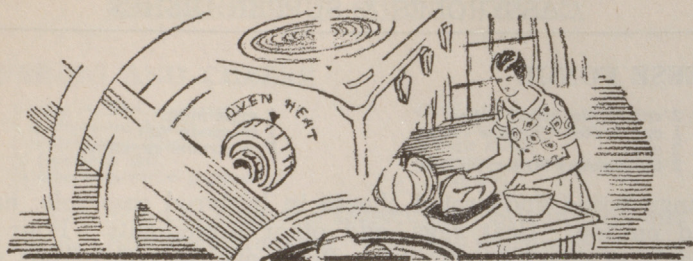
Combine flour, salt, baking powder and milk. Beat well. Add well-beaten eggs. Again beat mixture well. Have 1 tablespoon hot bacon or beef fat in hot muffin tins or pyrex ramekins. Place 2 sausages, cut in half, in each tin. Pour batter over these and bake in a hot oven at 475 degrees F. for 10 minutes, reduce heat to 350 degrees F. for 20 minutes to complete baking.

RAISIN WHOLE WHEAT GRIDDLE CAKES

1 cup white flour.
1 cup whole wheat flour.
1 teaspoon salt.
1 tablespoon sugar.
4 teaspoons baking powder.

1 cup seedless raisins.
2 eggs, well beaten.
 $1\frac{1}{2}$ cups milk.
2 tablespoons melted butter.

Combine dry ingredients and sift together. Add raisins and stir in the combined eggs and milk. Mix until smooth. Add the cooled, melted butter. Pour on to hot griddle or greased frying pan. Cook on one side until bubbles are formed on top and the cakes are cooked around the edge. Turn and cook on the other side. Serve at once with butter and syrup or honey.



CASSEROLES & SUPPER DISHES



IT IS the clever cook who can go to her refrigerator and find an assortment of food odds and ends and convert this into a supper dish that will amaze even herself. A cream sauce is a handy recipe to have memorized and ready to use as a base for many savory casseroles.

Cheese is used in many casseroles and as a rule in grated form. To save time you may have a jar grated and stored in the refrigerator to use when needed. Hard cheese is grated and soft cheese should be put through a sieve. All dishes containing eggs or cheese are generally "oven-poached". This means placing the dish to be cooked in a pan of hot water before placing it in the oven to be cooked.

The cereals such as rice, macaroni and spaghetti are generally boiled before using. About three to four times the amount of water as there is cereal should be used; it should be boiled rapidly in salted water without a cover and either hot or cold water should be poured over it when done to prevent "sticking".

Serve a green salad with most casseroles to give a perfect food balance, and with casseroles do remember that their flavor is half their attraction so "taste and season". This is a good rule to remember at any time in cooking.

CHEESE FONDU

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|-------------------------------|---------------------|
| 2 cups stale bread cubes. | 2 cups milk. |
| 1 cup grated Cheddar cheese. | 1 teaspoon salt. |
| 2 eggs. | Few grains cayenne. |
| 2 tablespoons butter, melted. | |

Arrange bread and grated cheese in buttered casserole, having bread on top. Beat eggs, add other ingredients. Pour over bread. Let stand 20 minutes. Place dish in pan of hot water and bake at 375 degrees F. for 35 to 40 minutes. Serves 4 to 6.

CHEESE AND BREAD CUSTARD

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| 4 slices buttered bread. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{4}$ pound cheese, grated. | $\frac{1}{8}$ teaspoon pepper. |
| 3 eggs. | $\frac{1}{8}$ teaspoon mustard. |
| 2 cups milk. | 1 teaspoon chopped onion. |

Grease a casserole. Cut the bread in cubes and arrange alternate layers of bread and cheese in the casserole, having the bread as top layer. Beat the eggs and add the milk and seasoning. Pour this over the bread and cheese. Set the casserole in a pan of water. Bake at 350 degrees F. for 45 minutes or until custard is set. Serve hot. Will serve 4 or 5 persons.

CHILALY

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|---|-----------------------------------|
| 1 tablespoon butter. | $\frac{1}{2}$ cup tomatoes. |
| 2 tablespoons chopped green pepper. | $1\frac{1}{4}$ cup grated cheese. |
| $1\frac{1}{2}$ tablespoons chopped onion. | 2 eggs. |
| | Salt and cayenne. |
| | 2 tablespoons milk. |

Cook onions and pepper in butter for 3 minutes, stirring constantly, add tomatoes and cook for 5 minutes. Add grated cheese, salt and cayenne. Cook over hot water until cheese is melted, then add milk and eggs slightly beaten. Serve hot on toast. Serves 4.

CHEESE BEAN ROAST

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|------------------------------------|------------------------------------|
| 1 can kidney beans (about 2 cups). | 2 eggs, well beaten. |
| $\frac{1}{2}$ pound cheese. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{3}$ cup chopped onion. | $\frac{1}{8}$ teaspoon pepper. |
| 1 tablespoon butter. | $\frac{3}{4}$ cup buttered crumbs. |

Drain beans and put through a fine mincer with the cheese, sauté onion and butter together. Add with other ingredients to the cheese and beans. Pack into buttered baking dish and cover with buttered crumbs. Bake at 350 degrees F. for 1 hour. Serve with tomato sauce to 6 people.

MACARONI AND CHEESE

3 cups cooked macaroni.
4 tablespoons butter.
4 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon white pepper.

Dash of cayenne pepper.
 $\frac{1}{4}$ teaspoon mustard.
2 cups milk.
 $1\frac{1}{2}$ cups grated cheese (or more).

Melt butter, blend in flour and seasonings. Stir in milk and cook until thick. Add grated cheese. Arrange macaroni and sauce in alternate layers in the casserole. Cover with dry bread or cracker crumbs. Bake at 400 degrees F. until crumbs are browned. Serves 6.

NOTE—Add $\frac{1}{2}$ cup shredded blanched almonds or 1 small can tomatoes for interesting variations.

MACARONI, CHEESE AND TOMATO

1 cup uncooked macaroni.
3 tablespoons butter.
3 tablespoons flour.
1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
 $\frac{1}{2}$ teaspoon sugar.

2 cups tomato juice.
1 teaspoon Worcestershire sauce.
 $\frac{1}{2}$ cup grated cheese.
1 cup buttered crumbs.

Cook macaroni in large pot of boiling salted water. When tender drain in colander and rinse with cold water. Melt butter, blend in flour, add tomato juice, salt, pepper and Worcestershire sauce. Cook until thick. Add macaroni and grated cheese to sauce. Turn into casserole and cover with buttered crumbs. Bake at 400 degrees F. until crumbs are browned. Serves 4 to 6.

MACARONI MOUSSE

3 cups cooked macaroni.
 $1\frac{1}{4}$ cups scalded milk.
1 cup soft bread crumbs.
 $\frac{1}{4}$ cup melted butter.
1 pimienta, chopped.
1 tablespoon chopped parsley.
1 tablespoon chopped onion.

$1\frac{1}{2}$ cups grated cheese.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
1 teaspoon Worcestershire sauce.
2 eggs, lightly beaten.

Place macaroni in casserole. Combine all other ingredients and pour over the macaroni. Oven-poach at 350 degrees F. for about 50 minutes or until set like a custard. Serve with tomato or mushroom sauce. Serves 6.

MACARONI AND SHRIMP CASSEROLE

2 cups cooked macaroni.
1 cup canned or fresh-cooked green beans.
 $\frac{1}{2}$ cup diced celery.

1 cup shrimps.
 $1\frac{1}{2}$ cups tomato sauce.
 $\frac{1}{2}$ cup grated cheese.
 $\frac{1}{2}$ cup fine bread crumbs.

Arrange a layer of macaroni in a buttered casserole, then the beans, celery and shrimps in layers. Cover with the remaining macaroni. Pour on the hot tomato sauce, and allow to run down through the ingredients. Cover with the bread crumbs and cheese mixed together. Brown top in hot oven, 425 degrees F. Serves 4 to 6.

CHINESE CHOP SUEY

3 tablespoons shortening.
 $\frac{1}{2}$ pound lean pork or veal,
 in fine shreds.
 2 cups celery, cut in pieces.
 1 cup finely chopped onion.
 1 cup brown stock, seasoned.

2 tablespoons Soy sauce.
 1 tablespoon Worcestershire
 sauce.
 1 can bean sprouts.
 $\frac{1}{4}$ teaspoon salt.

Heat shortening, fry meat with 1 tablespoon Soy sauce about 10 minutes, add celery, onions and stock, add Worcestershire sauce and remainder of Soy sauce. Simmer 15 minutes, covered closely. Add sprouts. Heat thoroughly. Serve at once to 4 to 6 people.

CHOW MEIN

Heat Chow Mein noodles in oven. Turn on to a warm platter, and pour Chop Suey mixture over top.

VEGETABLE CHOP SUEY

1 cup uncooked spaghetti.
 1 large onion, chopped.
 2 cups sliced tomatoes.
 $\frac{1}{2}$ cup diced carrots, fresh cooked
 or left-overs.

$\frac{1}{2}$ cup diced celery.
 1 teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{4}$ cup grated cheese.
 1 cup buttered bread crumbs.

Cook spaghetti in boiling salted water until tender. Drain and rinse under cold water. Combine the other ingredients, add spaghetti. Place in a buttered baking dish and sprinkle with buttered crumbs and grated cheese. Bake 30 minutes at 350 degrees F. Serve hot. Green pepper may be added. Serves 4 to 6.

SAUSAGE SPAGHETTI CASSEROLE

1 pound sausage, cut in pieces.
 1 cup cooked spaghetti.
 2 cups canned peas.
 2 cups canned tomatoes.

$\frac{1}{4}$ cup minced onion.
 2 cups bread crumbs.
 $\frac{1}{2}$ cup grated cheese.
 Salt and pepper.

Cook the sausage for 5 minutes. Combine all ingredients in layers in casserole except the crumbs and cheese. Combine these last two and sprinkle over the top. Bake in oven 350 degrees F. for 25 minutes. Serves 4 to 6.

AMERICAN SPAGHETTI

$1\frac{1}{2}$ pounds minced steak.
 $\frac{1}{2}$ cup chopped onion.
 $\frac{1}{2}$ cup chopped green pepper.
 $\frac{1}{2}$ cup chopped mushrooms.
 $\frac{1}{2}$ cup green peas.
 2 tablespoons fat.

1 teaspoon Worcestershire sauce.
 1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
 $1\frac{1}{2}$ cups cooked spaghetti.
 1 cup tomato juice.

Combine steak, onion, green pepper, mushrooms and fat. Fry until browned. Blend in the seasonings and peas. Arrange meat mixture and spaghetti in alternate layers in casserole. Pour on tomato juice. Bake at 375 degrees F. for 30 minutes. Serves 6.

SAVORY SPAGHETTI

2 cups uncooked spaghetti
(about one package).
1 No. 2 can tomatoes.
5 slices bacon.
3 tablespoons chopped onion.
2 tablespoons chopped green
pepper.

2 tablespoons flour.
 $\frac{3}{4}$ teaspoon salt.
1 teaspoon Worcestershire
sauce.
1 cup diced celery.
1 cup grated Cheddar cheese.

Cook spaghetti in boiling salted water. Chop the bacon and sauté in pan for 2 or 3 minutes. Add the onion and green pepper and cook together for another few minutes. Now blend in flour and seasonings, then add the tomatoes and celery. Add to the spaghetti with the grated cheese and turn into a casserole. Cover with buttered crumbs, then brown in a hot oven of 425 degrees F. for about 30 minutes. Serves 6.

CELERY AND SPAGHETTI AU GRATIN

1 cup grated cheese
 $1\frac{1}{2}$ cups medium cream sauce.
 $\frac{1}{2}$ cup diced cooked celery.
 $\frac{3}{4}$ cup cooked corn cut from cob.

1 cup cooked spaghetti.
 $\frac{1}{4}$ cup diced pimiento.
1 cup buttered crumbs.

Add cheese to sauce. Now add corn, celery, spaghetti and pimiento. Turn into a buttered casserole and sprinkle with crumbs. Brown and heat through at 400 degrees F. for 15 to 18 minutes. Serves 6.

NOODLES, PEAS AND BACON

1 cup uncooked noodles.
1 cup green peas.
2 tablespoons chopped
pimiento.
 $\frac{1}{4}$ cup cooked chopped bacon.

2 tablespoons chopped
almonds.
 $1\frac{1}{2}$ cups cream sauce.
 $\frac{1}{2}$ cup bread crumbs.
 $\frac{1}{2}$ cup grated cheese.

Cook noodles in salted boiling water. Drain and rinse with cold water. Arrange noodles, peas, pimiento, almonds and bacon in layers. Pour on part of cream sauce. Add remaining noodles, etc., until dish is filled and ingredients are all used. Combine grated cheese and crumbs. Place in oven at 400 degrees F. until dish is hot and crumbs are browned. Serves 4 to 6.

CREAMED DRIED BEEF WITH PEAS

1 can chipped or dried beef.
3 tablespoons butter.
1 tablespoon chopped onion.
3 tablespoons flour.

$\frac{1}{4}$ teaspoon pepper.
 $1\frac{1}{2}$ teaspoons Worcestershire sauce.
2 cups milk.
1 cup green peas.

Break up chipped beef slightly and place in pan with butter and onion. Allow to cook together for 2 or 3 minutes. Blend in flour, pepper and Worcestershire sauce. Add milk. Stir and cook until smooth. Add peas (and some pimiento if you have it). Serve on toast, soda biscuits, or a ring of hot mashed potatoes. Serves 4.

CHIPPED BEEF, MUSHROOMS AND SPAGHETTI

1 cup chipped beef.
½ pound mushrooms.
1 cup uncooked spaghetti.
¾ cup butter.

3 tablespoons flour.
2 cups milk.
1 teaspoon Worcestershire sauce.
Salt to season.

Pour boiling water over chipped beef. Leave until cold. Wash and dice mushrooms. Boil spaghetti in boiling salted water until tender. Sauté the mushrooms in butter for 5 minutes. Blend in the flour, then the milk. Cook until thick. Add the drained chipped beef and spaghetti. Turn into buttered casserole. Cover with buttered crumbs and brown in 375 degrees F. oven for about 20 minutes. Serve hot to 6 people.

SCALLOP OF POTATOES, TOMATO AND BACON

4 medium size potatoes, thinly sliced.
4 medium size onions, thinly sliced.
6 slices of bacon, chopped.

1 can condensed tomato soup.
½ cup water.
1 teaspoon salt.
½ teaspoon pepper.

Using a large buttered casserole, arrange alternate layers of the potatoes, onion and bacon. Sprinkle each layer with salt and pepper. Add the combined soup and water and cover and bake at 375 degrees F. for 1 hour uncovering to brown in the last 20 minutes. Serves 4 to 6.

RICE MOLD WITH SALMON AND OLIVE SAUCE

3 cups cooked rice.
1 cup milk.
2 eggs.

Dash cayenne pepper.
½ teaspoon salt.

Combine rice with milk and well-beaten eggs. Add seasonings. Turn into well-greased ring mold and bake at 350 degrees F. until firm (about 35 minutes). Turn out on to hot platter and fill centre with:

2 cups medium cream sauce.
1½ cups flaked canned salmon.

½ cup chopped olives.
½ teaspoon Worcestershire sauce.

Combine all ingredients. Heat before serving. Serves 6.

CORN AND TOMATO ON TOAST

1 tablespoon chopped onion.
2 tablespoons chopped green pepper.
3 tablespoons chopped bacon.
1 tablespoon corn starch.

3 cups tomatoes.
2 cups Golden Bantam corn.
1 teaspoon salt.
½ teaspoon pepper.
½ cup grated Cheddar cheese.

Cook onions, green pepper and bacon together until onion is slightly yellow but not brown. Add corn starch and blend until smooth. Add tomatoes, corn and seasonings. Cook until thick, stirring so mixture will not scorch. Add cheese. Serve on hot buttered toast. Garnish with parsley. Will serve 6.

SPINACH MOLD WITH CREAMED FISH

3 tablespoons butter.
3 tablespoons flour.
1 cup milk.
Salt, pepper and paprika.

2 cups cooked chopped spinach.
3 egg yolks.
3 egg whites.

Melt butter, blend in flour and seasonings. Add milk. Stir and cook until thick. Add egg yolks and spinach. Cool slightly and fold in the stiffly beaten egg whites. Turn in to greased ring mold. Set mold in pan of water and bake 55 minutes at 375 degrees F. Unmold on hot platter and fill centre with creamed salmon, lobster, or shrimp. Garnish with parsley. Serves 6.

ASPARAGUS WITH HAM

1 large bunch asparagus (1 pound).
3 slices cooked ham, $\frac{1}{8}$ -inch thick.
1 cup medium cream sauce.

$\frac{3}{4}$ cup grated cheese.
 $\frac{1}{4}$ cup fine, dry bread crumbs.

Cook asparagus. Cut slices of ham in half and arrange the asparagus on top. Pour some cream sauce over each mound of asparagus. Sprinkle each mound with the cheese and crumbs mixed together. Reheat in oven to brown crumbs. Serve hot with browned potatoes. Serves 6.

HAM AND ASPARAGUS ROLLS

6 thin slices cooked ham.
3 bunches asparagus, cooked.

1 recipe Hollandaise sauce.
Or cream sauce (about 1 cup).

In each slice of ham, arrange several stalks of asparagus. Roll the ham around the asparagus and place fold side down in a covered baking dish. Place in oven at 375 degrees F. until heated, about 10 minutes. Serve on a platter garnished with parsley and with the Hollandaise sauce poured over each roll. Serves 6.

BOSTON BAKED BEANS

1½ cups dried navy beans.
1 tablespoon salt.
3 tablespoons light molasses.
3 tablespoons sugar.

½ teaspoon mustard.
2 cups tomato juice.
1 very small onion.
¼ pound fat salt pork.

Soak beans overnight in water to which has been added ½ teaspoon soda. Change water and allow beans to simmer until the skins are about ready to burst. Do not boil rapidly. Drain, and put into casserole. Cut the pork into ½-inch slices. Bury this into the beans. Add tomatoes and other ingredients, sufficient to cover the beans. Place lid on casserole and bake at 300 degrees F. about 6 hours. Add more of the tomato mixture as needed. Remove cover during the last ½ hour, bringing the pork bits to the top to crisp. Serves 6.

BAKED BEANS EN CASSEROLE

1 No. 2 can baked beans
(2 cups).
1 tablespoon molasses.

1 tablespoon brown sugar.
 $\frac{1}{2}$ teaspoon mustard.
4 slices lean bacon, chopped.

Combine all ingredients and place in casserole. Lay strips of bacon over top. Place in oven and bake at 400 degrees F. until bacon is cooked. Serves 4.

TOMATO CROQUETTES WITH BROILED SAUSAGE

$2\frac{1}{2}$ cups canned tomatoes.
3 tablespoons brown sugar.
1 teaspoon salt.
Few grains cayenne pepper.
1 medium size onion, sliced.
 $\frac{1}{4}$ cup butter.

1 cup flour.
 $\frac{1}{3}$ cup grated cheese.
Crushed corn flake crumbs or
dry bread crumbs.
 $1\frac{1}{2}$ pounds sausage.

Simmer the first five ingredients together in a covered saucepan for about 20 minutes. Press through a sieve. Melt the butter and add the flour slowly. Add the liquid, stirring constantly. Now add the cheese and cook until thick in a double boiler, stirring constantly to avoid lumps. Pour into a flat buttered pan and chill very thoroughly. Cut into squares and roll in the crumbs coating well. Have hot fat about $\frac{1}{4}$ -inch deep in frying pan and cook these until brown. Makes about 8 or 10 croquettes. Mean-time cover the sausage with boiling water. Drain well and broil or fry until brown and cooked. Place the sausage in the centre of the platter and arrange around the edge the croquettes. Garnish with parsley and serve with a green salad and a fruit custard for dessert. Serves 6.

CHEESE SOUFFLÉ

3 tablespoons butter.
4 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
1 cup milk.
 $\frac{3}{4}$ cup grated cheese.

$\frac{1}{8}$ teaspoon mustard.
Few grains cayenne.
3 egg yolks.
3 egg whites.

Make a regular cream sauce from the butter, flour, milk and seasonings. Add the cheese and stir until melted. Remove from heat; stir in unbeaten egg yolks. Fold in the stiffly beaten egg whites. Pour the mixture into a buttered baking dish. Bake in a moderate oven 350 degrees F. for 40 minutes or until the mixture does not adhere to the tip of a knife gently inserted in the centre. Serve at once to 4 or 6 people.

Now, generally speaking, a mixture such as this is cooked by placing it in a pan of water but I have found that I get a drier, firmer soufflé by baking it at 350 degrees F. without the pan of water in the oven.

Variation:

1.—Use tomato juice in place of milk in the above recipe.

CHICKEN SOUFFLÉ

5 tablespoons minute tapioca.
½ teaspoon salt.
1 cup milk, scalded.
1 cup hot chicken stock.
1½ cups finely chopped chicken.

¼ teaspoon pepper.
1½ teaspoons Worcestershire
sauce.
3 egg yolks.
3 egg whites.

Add tapioca to milk with the salt. Cook in double boiler for 15 minutes or until the tapioca is clear, stirring constantly. Cool slightly, add chicken, seasonings and egg yolks. Fold in the stiffly beaten egg whites. Turn into a greased baking dish. Bake at 350 degrees F. for 45 minutes or until the tip of a knife comes out clean when gently inserted into the centre. Serves 6.

CHICKEN AND CELERY SOUFFLÉ

1 cup finely chopped celery.
1 cup boiling water.
½ cup milk.
1 teaspoon salt.
1 teaspoon Worcestershire sauce.
Few grains pepper.

¼ cup minute tapioca.
3 egg yolks, beaten.
1½ cups minced chicken (or
turkey).
3 egg whites.

Combine first nine ingredients and cook in double boiler until tapioca is clear and mixture is thickened (about 15 minutes). Cool, add egg yolks and chicken. Fold in stiffly beaten egg whites and pour into a buttered casserole. Bake at 350 degrees F. for 50 minutes. Serve with cranberry sauce and garnish with parsley. Serves 6.

CHICKEN À LA KING

5 tablespoons butter.
2 tablespoons chopped green
pepper.
1½ cups diced mushrooms.
4 tablespoons flour.

¾ teaspoon salt.
½ teaspoon cayenne pepper.
2 cups milk.
2 cups diced cooked chicken.
¼ cup diced pimiento.

Simmer butter, mushrooms and green pepper for a few minutes. Blend in the flour and seasoning. Add the milk and cook until thick. Now add the chicken and the pimiento, re-heat and serve on hot patty shells. Garnish with watercress. Serves 6 to 8.

NOTE 1—A richer, creamier sauce can be obtained by adding some of the hot mixture to 2 slightly beaten egg yolks and then stirring it back into the sauce before the chicken is added. In this case, do not use as much flour. Omit about ¾ tablespoon.

NOTE 2—Chopped browned almonds or diced raw celery may be added to supply crispness.

NOTE 3—Cooked veal or pork tenderloin may be substituted. The tenderloin is particularly delicious.

NOTE 4—Instead of using all milk you may use ½ chicken stock and ½ milk.

CHICKEN AND SHRIMPS IN CREAM

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| 2 tablespoons butter. | 2½ cups milk. |
| ¼ cup chopped green pepper. | 1½ teaspoons salt. |
| ¼ cup chopped pimiento. | ¼ teaspoon pepper. |
| 6 large mushrooms, sliced. | ¼ teaspoon paprika. |
| 4 tablespoons butter. | 2 cups chicken cubes. |
| 4 tablespoons flour. | 1 cup diced, cleaned shrimps. |

Combine first amount of butter with green pepper, pimiento and mushrooms. Sauté these until mushrooms are cooked—about 5 minutes. Add other butter, and blend in the flour and seasoning. Add milk. Stir and cook until thick. Now add chicken and shrimps. Re-heat to boiling. Serve in hot patty shells, garnished with parsley. Serves 8.

CHICKEN IN TOMATO

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| 4 tablespoons butter. | 1½ cups tomato juice. |
| ½ cup chopped green pepper. | 1 teaspoon salt. |
| 1 tablespoon chopped onion. | 1 teaspoon Worcestershire sauce. |
| 5 tablespoons flour. | 2 cups diced cooked chicken. |
| 1 cup chicken stock. | 1 cup diced raw celery. |

Melt butter, add green pepper and onion. Cook together for 2 minutes. Blend in flour. Add liquids and seasonings. Cook until thickened. Add chicken; just before serving add celery. Serve at once in hot patty shells. Garnish with watercress. Serves 8.

SWEETBREADS AND ALMONDS IN CHEESE PUFFS

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| 1 pound sweetbreads. | ½ cup almonds, blanched and |
| 4 tablespoons butter. | browned. |
| 3 tablespoons flour. | 2 egg yolks. |
| 2 cups milk. | Seasonings. |
| 1 can mushrooms, or 1 cup fresh | |
| cooked mushrooms. | |

Cook sweetbreads in acidulated boiling water until tender. Remove membrane and separate into sections. Make cream sauce of butter, flour and milk; add seasonings; add beaten egg yolks and cook 2 minutes. Add sweetbreads, mushrooms and almonds. Serve hot in cheese puffs. Will serve 6.

SAUTÉ MUSHROOMS ON TOAST

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| 1 pound mushrooms. | 1 teaspoon salt. |
| ⅓ cup butter. | ¼ teaspoon pepper. |
| 3 tablespoons flour. | 6 slices buttered toast. |
| 1½ cups tomato juice. | |

Wash and peel mushrooms. Cut in pieces. Melt butter in pan and sauté mushrooms for 3 minutes. Push mushrooms to one side of pan. Blend the flour and seasonings into the fat. Add the tomato juice. Stir all ingredients thoroughly together. Cook until thick. Serve hot on toast. Garnish with toast points and parsley. Milk may be substituted for tomato juice, if desired. Serves 6.

MUSHROOMS STUFFED WITH CRABMEAT

6 large mushrooms.
4 tablespoons butter.
2½ tablespoons flour.
1 cup milk.

Salt and pepper to taste.
½ teaspoon Worcestershire sauce.
1 cup crabmeat, flaked.
½ cup cheese crumbs.

Sauté mushroom caps in 2 tablespoons of butter, shred mushroom stems and cook in fat also. Using the other 2 tablespoons of butter, melt and then blend in flour and milk and seasonings and cook until thick. Add crabmeat and mushroom stems. Pile this mixture into the mushroom caps and cover with cheese crumbs. Brown in very hot oven 450 degrees F. Serve as an entrée or as luncheon dish with an accompanying green vegetable. Serves 6.

MUSHROOMS, PEAS AND ALMONDS

½ cup butter.
2 cups diced mushrooms.
4 tablespoons flour.
½ teaspoon paprika.
¾ teaspoon salt.

Pepper to taste.
2 cups milk.
1 cup fresh green peas, cooked.
½ cup shredded almonds,
browned.

Melt butter, add mushrooms and sauté for about 3 minutes. Add flour, paprika, salt and pepper. Blend in milk, cook until thick. Add peas and almonds. Serve in patty shells or tea biscuit rings. Garnish with pimienta strips and parsley. Serves 4 to 6.

CREAMED MUSHROOMS AND ALMONDS

4 tablespoons butter.
½ pound mushrooms.
2 tablespoons flour.
1¼ cups milk.

Seasonings.
2 tablespoons cooking sherry.
½ cup blanched browned
almonds.

Cook chopped mushrooms in butter for 2 minutes. Blend in flour and seasonings. Add milk and cook until thick. Add sherry and almonds, serve in centre of spinach mold, garnish with pimienta and watercress. Serves 4.

CRAB DELIGHT IN PATTY SHELLS

2 tablespoons butter.
2 tablespoons green pepper.
4 tablespoons flour.
½ teaspoon mustard.
¼ teaspoon salt.
½ teaspoon Worcestershire sauce.

Dash of cayenne pepper.
1 cup thick tomato juice.
1 cup grated cheese.
1 egg, slightly beaten.
¾ cup milk.
1 can crabmeat (about 1 cup).

Sauté green pepper in butter for 5 minutes. Blend in flour. Add seasonings, tomatoes, cheese. Add some of hot mixture to the slightly beaten egg, return to saucepan and cook for a few minutes. Add to heated milk. Mix together and add the flaked crabmeat. Re-heat for 2 to 3 minutes and serve on hot patty shells or tea biscuit rings. Serves 6 to 8.

LOBSTER MEXICANE

3 cups canned tomatoes.
1 teaspoon salt.
 $\frac{1}{2}$ tablespoon sugar.
4 whole cloves.
1 bay leaf.
3 tablespoons butter.

2 tablespoons chopped onion.
 $\frac{1}{4}$ cup chopped green pepper.
1 cup chopped mushrooms.
3 tablespoons flour.
2 teaspoons Worcestershire sauce.
1 large can lobster.

Simmer tomatoes with salt, sugar, cloves and bay leaf for 15 minutes. Strain. Melt butter, add onion, green pepper and mushrooms. Sauté for 5 minutes. Blend in the flour. Add tomato juice and Worcestershire sauce. Cook until thick and smooth. Add the lobster, in large pieces. Serve hot on toast, croustades or patty shells. Serves 6.

LOBSTER À LA SHELburne

3 tablespoons butter.
1 tablespoon chopped chives or
finely chopped onion.
2 tablespoons dry bread crumbs.

$\frac{1}{4}$ teaspoon mustard.
1 cup red chutney or chili sauce.
1 large can lobster.

Melt butter, add chives or onion and simmer slowly for about 3 minutes. Add crumbs and mustard. Now add chutney. Bring to the boil. Add lobster broken up and tissues removed. Serve in hot patty shells. Garnish with parsley. Serves 4 to 6.

TUNA FISH AND MUSHROOMS

$\frac{1}{2}$ pound mushrooms.
2 tablespoons butter.
1 can tuna fish flakes.
3 tablespoons butter.
4 tablespoons flour.

2 cups milk.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Peel and slice the mushrooms. Sauté for 5 minutes in the first amount of butter. Remove the mushrooms from the fat in pan. Add the other butter, melt, and then blend in the flour. Add the seasonings and milk. Stir and cook until thick. Slice the hard cooked eggs and arrange in baking dish alternately with the mushrooms and sauce. Cover with grated cheese and bread crumbs. Brown in hot oven 400 degrees F. for 20 to 30 minutes. Serves 4 to 6.

CREAMED TUNA FISH AND GREEN PEAS

2 tablespoons grated onion.
4 tablespoons butter.
3 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

2 cups milk.
1 can tuna fish, flaked.
 $1\frac{1}{2}$ cups canned or cooked fresh
green peas.
 $\frac{1}{4}$ cup chopped pimiento.

Cook onion and butter together for a couple of minutes. Add flour and seasonings. Blend in the milk and cook until thick and smooth. Add other ingredients and allow to cook together to reheat. Serves 6 to 8.

SHRIMPS AND MUSHROOM

1 can condensed mushroom soup.
1 cup green peas.

1 cup canned shrimps.
1 cup grated cheese.

Combine soup, green peas and shrimps. Turn into individual ramekins or a large casserole. Cover with grated cheese. Place in oven at 350 degrees F., and leave until cheese is melted and slightly browned. Serves 4 to 6 (depending on the appetites). Serve on toast slices.

OYSTER AND CELERY CASSEROLE

1 pint oysters.
2 cups diced celery.
1 cup diced mushrooms.
 $\frac{1}{3}$ cup butter.
 $\frac{1}{4}$ cup flour.

1 teaspoon salt.
 $\frac{1}{4}$ teaspoon paprika.
 $\frac{1}{8}$ teaspoon pepper.
 $2\frac{1}{2}$ cups milk and oyster liquor.

Cut oysters in half and drain off liquor. Place celery, mushrooms and butter in saucepan over low heat. Cover and simmer for 5 minutes. Add the flour and seasonings, then pour in the liquid. Stir and cook until thick. Add the oysters and turn into a casserole. Cover with cheese crumbs. Bake at 400 degrees F. for 25 minutes or until crumbs are browned. Serves 6.

For cheese crumbs use equal quantities of crumbs and grated cheese.

CREAMED OYSTERS AND CELERY IN TIMBALES

1 pint oysters, cut in four.
 $1\frac{1}{2}$ cups diced celery.
 $\frac{3}{4}$ cup shredded browned almonds, blanched.
4 tablespoons butter.
3 tablespoons flour.

$\frac{3}{4}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon white pepper.
1 teaspoon Worcestershire sauce.
1 teaspoon grated onion.
 $1\frac{3}{4}$ cups milk.
 $\frac{1}{4}$ cup juice from oysters.

Prepare the oysters, celery and almonds. Make a cream sauce of the remaining ingredients. Add the other ingredients and reheat for about 7 minutes or until the edges of the oysters curl. If you overcook this mixture it has a tendency to toughen the oysters and to make the mixture thin. Serves 8.

SARDINE RAREBIT

2 tablespoons butter.
1 tablespoon flour.
 $\frac{1}{4}$ teaspoon salt.
1 cup rich milk.
 $1\frac{1}{2}$ teaspoons mustard.

$\frac{1}{4}$ teaspoon paprika.
1 cup grated cheese.
Sardines.
Toast.

Make a cream sauce with butter, flour, salt and milk. Add other ingredients. Place sardines on toast, and heat under the broiler. Place on a plate and pour on the cheese sauce. Serve garnished with parsley to 4 people.

TURKEY EN CASSEROLE

2½ cups cooked rice.
2 tablespoons pimiento.
¼ cup chopped onion.
2 tablespoons chopped pickle.
1 teaspoon salt.

1 can tomato soup.
¼ cup milk.
2 tablespoons butter.
Cold turkey.
Grated cheese.

Combine rice, pimiento, onion and pickle. Add salt. Spread about $\frac{2}{3}$ of mixture in bottom of casserole. Cover with slices or large pieces of turkey. Cover with rest of rice. Combine tomato soup and milk and pour over this. Dot with butter. Bake, covered, for 20 minutes at 400 degrees F. Sprinkle with grated cheese and bake, uncovered, for 15 minutes longer. Serves 6.

CORNEB BEEF HASH

2 tablespoons chopped onion.
2 tablespoons chopped green
pepper.
1½ cups chopped cooked potatoes.

2 cups chopped corneb beef.
2 tablespoons milk.
½ teaspoon salt.
½ teaspoon pepper.

Combine all ingredients very thoroughly. Turn into a hot well-greased frying pan. Spread hash well over the pan. Cover and cook over very low heat without stirring until a crisp brown crust has been formed (about 40 minutes). Fold over as you would an omelet, then turn on to a hot platter. Garnish with parsley. Serve with catsup or chili sauce. Serves 4 to 6.

CORNEB BEEF AND CABBAGE CASSEROLE

2 cups tomato sauce.
1 can corneb beef, diced.
3 cups shredded, cooked
cabbage.

½ cup cracker crumbs.
½ cup grated cheese.

Add tomato sauce to corneb beef and cabbage. Turn into buttered casserole and cover with the combined crumbs and grated cheese. Brown at 400 degrees F. for 20 minutes. Serve hot to 6 people.

CORNEB BEEF TOMATO TOAST

3½ tablespoons butter.
4 tablespoons flour.
1½ cups tomato juice.
⅛ teaspoon soda.
½ cup milk.

½ teaspoon salt.
1 teaspoon Worcestershire sauce.
1 cup chopped cooked corneb beef.
2 tablespoons grated cheese.
6 slices dry toast.

Melt butter, add flour, and stir until well blended. Now add the tomato and soda. Bring to a boil, stirring constantly. Add milk and seasoning. Reheat to boiling. Add corneb beef and pour on to the toast slices. Sprinkle with cheese and garnish with toast points and parsley. Serves 6.

SALMON AND ALMOND CASSEROLE

- | | |
|--|--|
| 2 cups cream sauce. | $\frac{3}{4}$ cup diced raw celery. |
| 1 tall can salmon, flaked and drained. | $\frac{1}{4}$ cup blanched, toasted almonds. |
| $1\frac{1}{2}$ cups diced cooked potatoes. | 1 cup buttered bread crumbs. |

Add cream sauce to salmon, potatoes, celery and almonds. Turn into buttered casserole. Cover with buttered crumbs and brown in a hot oven at 400 degrees F. for 20 minutes. Serves 6.

ROYAL SCALLOP

- | | |
|----------------------------------|--|
| $1\frac{1}{2}$ cups cream sauce. | $1\frac{3}{4}$ cups canned salmon, flaked. |
| 3 hard-cooked eggs, sliced. | 1 cup green peas. |

Prepare cream sauce, seasoning it very carefully. Hard cook the eggs, peel and cut into slices. Drain the salmon and flake into pieces with a fork. Arrange all the ingredients in alternate layers in a casserole until all are used, having cream sauce on top. Sprinkle well with bread crumbs mixed with melted butter. Brown in hot oven at 400 degrees F. Serves 4 to 6.

SAUSAGE AND TOMATO CASSEROLE

- | | |
|--|---------------------------------------|
| 1 dozen sausage (about 1 pound) | $\frac{1}{2}$ cup finely diced onion. |
| 6 slices breakfast bacon. | 2 cups diced tomatoes. |
| $\frac{1}{2}$ cup finely diced carrots. | $\frac{3}{4}$ teaspoon salt. |
| $\frac{1}{4}$ cup finely diced green pepper. | $\frac{1}{4}$ teaspoon curry powder. |
| | $\frac{1}{8}$ teaspoon pepper. |

Wrap 2 sausages together in a strip of bacon and secure with a toothpick. Broil or fry until bacon is crisp, draining off the fat. Place in casserole and cover with the vegetables and seasonings combined together. Bake at 400 degrees F., covered, for 25 minutes and uncovered for 20 minutes. Serves 6.

SCALLOPED LAMB, DIXIE STYLE

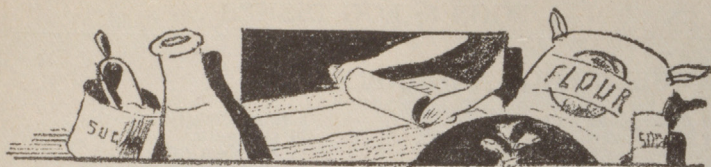
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| 2 cups diced cold lamb. | $\frac{1}{4}$ cup diced pimiento or green pepper. |
| 1 No. 2 can Golden Bantam corn. | $\frac{1}{2}$ teaspoon Worcestershire sauce. |
| $1\frac{1}{2}$ cups medium cream sauce. | |
| 1 teaspoon grated onion. | |

Combine all ingredients and turn into buttered casserole. Cover with $\frac{1}{2}$ cup cracker crumbs, $\frac{1}{2}$ cup grated cheese. Bake at 400 degrees F. until crumbs are browned. Serves 6.

BANANAS IN BACON BLANKETS

- | | |
|------------------|-------------|
| 3 firm bananas. | Watercress. |
| 12 slices bacon. | |

Choose bananas that are slightly green. Peel and scrape. Cut in halves crosswise and roll bacon strips around the bananas and secure with toothpicks. Place in casserole and bake at 425 degrees F. until crisp. Pour off excess fat during the cooking and before serving. Serve garnished with the watercress to 4 people.



EGGS & EGG DISHES



THE digestibility of eggs is governed entirely by the way you cook them. Eggs that are cooked at too high a temperature toughen and are as a result so much harder to digest. So when you "boil" eggs you really should not boil them at all; merely bring the water to a boil and then reduce the heat to keep them at a steady temperature without any bubbling. This method will very often offset the possibility of a black ring in the cold egg particularly if you place it in cold water immediately on removing it from the stove.

When you are separating eggs in order to beat the whites separately, it is well to remember that even the smallest fleck of egg yolk will prevent the egg white from beating to a fluffiness. Left over egg yolks are kept from becoming hard if they are put into a dish of cold water.

Bacon and eggs are a standard favorite with everyone and yet so often they are spoiled by overcooking and serving them with grease all over them. Overcome both of these faults by cooking the eggs at a lower temperature in the fat and by draining the bacon on brown paper before serving.

When eggs are to be used for leavening as in cakes, etc., they are beaten to a light fluffy condition. However, when they are to be used for thickening as in sauces, custards and scrambled eggs they are only beaten until the white and yolk are well combined.

SCRAMBLED EGGS AND CORN

2 tablespoons butter.	6 eggs, slightly beaten.
1 cup cooked corn cut from the cob.	$\frac{1}{4}$ cup milk.
2 tablespoons chopped green pepper.	$\frac{1}{2}$ teaspoon salt.
	$\frac{1}{8}$ teaspoon pepper.

Melt butter in shallow saucepan. Add corn and green pepper. Cook together for 2 minutes. Add the eggs, combined with the milk and seasonings, and stir slowly over low flame until mixture is set. Turn on to a hot platter and garnish with toast points, parsley and sliced tomato. Serves 6.

SCRAMBLED EGGS, TOMATO AND CHEESE

6 eggs.	$\frac{1}{2}$ teaspoon salt.
$\frac{3}{4}$ cup thick tomato pulp.	$\frac{1}{8}$ teaspoon pepper.
2 tablespoons butter.	1 teaspoon Worcestershire sauce.
$\frac{1}{2}$ cup grated cheese.	

Beat eggs slightly, add tomato and butter with seasonings. Heat, stirring constantly, and when beginning to thicken, stir in grated cheese. Serve on toast when thick, being careful not to overcook and make mixture watery. Serves 6.

SCRAMBLED EGGS, CHEESE AND MUSHROOMS

1 cup sliced mushrooms (more if desired).	$\frac{1}{2}$ cup milk.
2 tablespoons butter.	$\frac{1}{2}$ to $\frac{3}{4}$ teaspoon salt.
6 eggs.	$\frac{1}{8}$ teaspoon pepper.
	$\frac{1}{2}$ cup finely grated cheese.

Prepare mushrooms and sauté for about 2 minutes in the butter. Add the eggs, slightly beaten and to which the milk and seasonings have been added. Stir constantly over a low heat until mixture is almost coagulated, then add the cheese and complete the cooking. Serve on toast to 4 people—or maybe 6 if they have delicate appetites. Broiled bacon is good as a garnish.

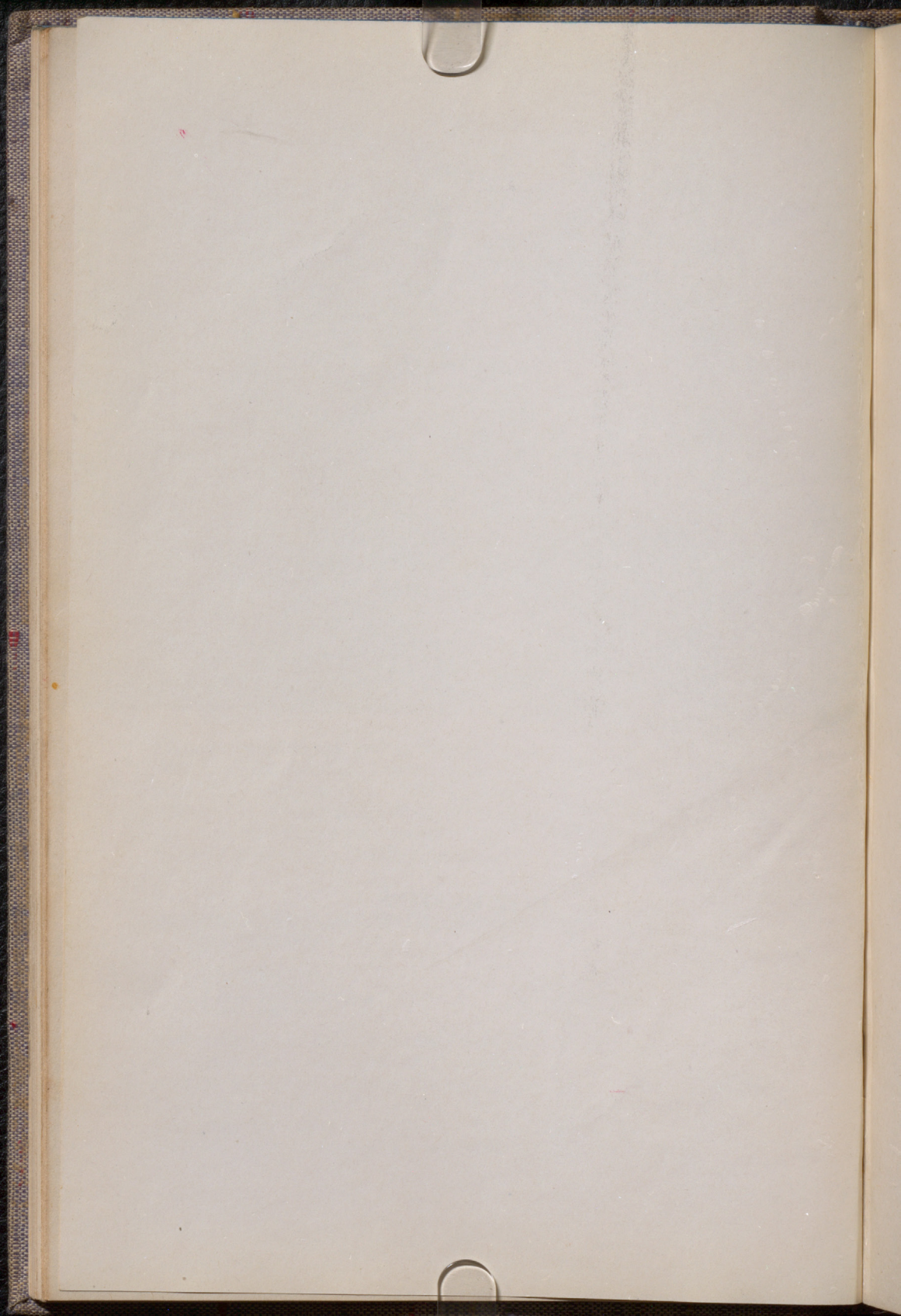
SCRAMBLED EGGS WITH GRILLED BACON AND TOMATOES

3 large tomatoes.	4 tablespoons milk.
6 rounds toast.	$\frac{1}{2}$ teaspoon salt.
6 slices breakfast bacon.	$\frac{1}{4}$ teaspoon pepper.
6 eggs, beaten.	1 tablespoon butter.

Cut tomatoes in half. Sprinkle with salt and pepper. Lay strips of bacon over top and broil under direct heat. Meanwhile, prepare toast and combine the eggs, milk, salt, pepper and butter. Cook eggs until thick. Place tomatoes on rounds of toast and pile eggs on top of tomatoes. Lay strips of bacon over top. Garnish with triangles of toast and parsley. Serves 6.



HOT MUFFINS



CREAMY SCRAMBLED EGGS

6 eggs, lightly beaten.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

$\frac{1}{4}$ cup milk.
2 tablespoons butter.

Combine all ingredients, placing butter at bottom of saucepan. Stir together over very slow heat in double boiler until just coagulated. Serve at once with broiled sausage or bacon. Sliced tomatoes also make a nice garnish. Serves 4 to 6.

FRENCH OMELET

6 eggs.
 $\frac{1}{3}$ cup milk.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Beat eggs enough to blend well. Add milk and seasonings. Pour into hot buttered frying pan and cook slowly. While cooking lift the cooked portion gently with a spatula, allowing uncooked portion to run underneath. Continue until all the mixture is creamy and set. Increase heat to brown the bottom. Fold from handle to opposite side of pan. Turn on to hot platter and garnish with parsley. Serves 6.

Variations:

1. **SPANISH OMELET**—Serve with Spanish sauce.
2. **GRAND OMELET**—Substitute $\frac{1}{4}$ cup tomato juice for the milk.
3. **HAM OMELET**—Add $\frac{3}{4}$ cup minced ham to the egg mixture before cooking.
4. **CHEESE OMELET**—Add $\frac{1}{2}$ cup grated cheese right to the egg mixture.
5. **HUNTER'S STYLE OMELET**—Fry 6 slices bacon and 4 cooked potatoes, diced, together until lightly browned. Season with salt and pepper and place half of these potatoes in the omelet before folding it over and arrange the rest around the edge.
6. **SPINACH OMELET**—Cook 1 pound spinach. Chop and add butter. Turn on to a warm platter and on top turn the omelet. Serve garnished with tomato or pimiento strips.
7. **VEGETABLE OMELET**—Prepare the French Omelet and fold $\frac{3}{4}$ cup creamed vegetable into the omelet and then serve another $\frac{3}{4}$ cup around the platter.

ASPARAGUS CHEESE OMELET

6 eggs.
6 tablespoons milk.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

1 cup cooked asparagus, 1-inch lengths.
 $\frac{1}{2}$ cup grated cheese.

Beat eggs, milk and seasonings together to combine well. Pour into hot frying pan in which $1\frac{1}{2}$ tablespoons butter has been melted. Add the asparagus and allow mixture to cook slowly, lifting up the cooked part with a spatula and allowing the uncooked part to run under. When nearly done, sprinkle with grated cheese and allow omelet to brown slightly. Fold and serve on large platter. Garnish with watercress. Serves 6.

FLUFFY OMELET

6 eggs.
6 tablespoons water.

$\frac{3}{4}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Separate the yolks from the whites. Beat the whites until stiff but not dry. Add the water, salt and pepper to the egg yolks and beat with the same beater. Fold the yolks into the whites. Now pour the mixture into a hot buttered (1 tablespoon butter) frying pan. Cook quite slowly, moving the pan occasionally so that the omelet may cook evenly. When the omelet has cooked and browned on the bottom (test by lifting the edge with the spatula), set the pan in a moderate oven to cook omelet on top. When the surface will not adhere to the forefinger remove the pan from the oven. Fold away from the handle and then on to a platter. Serve at once. Serves 6.

Variations:

1. **JELLY OMELET**—Before folding spread omelet with jelly or jam.
2. **CHEESE OMELET**—Sprinkle omelet with grated cheese before folding.
3. **CHICKEN OMELET**—Serve the Fluffy Omelet with $1\frac{1}{2}$ cups creamed chicken around it.
4. **MUSHROOM OMELET**—Serve the omelet with either creamed or fried mushrooms folded in.

TO FOLD AN OMELET

Holding the pan with the handle directly in front of you, loosen the omelet around the edges. Now, with a spatula and with the pan tilted slightly away from the handle, start to turn the omelet away from the handle. Then, holding the edge of pan along the edge of the warm platter, flip the omelet on to the platter, letting it turn right over so that the under side becomes the top.

BAKED CORN OMELET

1 tablespoon butter.
1 can corn niblets.
4 eggs.

1 tablespoon flour.
 $\frac{3}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.

Heat the corn over a slow heat in a saucepan. Melt the butter in a frying pan. Separate the eggs and beat the whites with the salt until stiff but not dry. Beat the yolks and add the flour and pepper. Now add the corn and combine this mixture with the whites. Turn into a hot frying pan and bake at 325 degrees F. for 25 minutes. Serve in wedges with tomato or mushroom sauce. Serves 6.

SHIRRED EGGS IN BACON

6 eggs.
6 slices bacon.

Butter.
Salt and pepper.

Line 6 muffin tins with strips of bacon. Drop an egg in centre; sprinkle with salt and pepper. Dot each egg with butter. Bake in oven at 375 degrees F. until the white is firm (for about 20 minutes). Serves 6.

EGGS BAKED WITH HAM

6 eggs.
6 rounds of bread, $\frac{1}{8}$ -inch thick.

1 small can devilled ham.
 $\frac{1}{8}$ teaspoon dry mustard.

Butter 6 large muffin tins and place round of buttered bread in bottom of each. Have devilled ham mixed with mustard and spread on bread. Break 1 egg into each muffin tin on top of bread and ham. Cover with buttered crumbs. Bake at 375 degrees F. for 15 to 20 minutes. Serve hot with sliced tomatoes. These are grand for Sunday morning "brunch". Serves 6.

SOUTHERN EGGS AND HAM

6 slices cooked ham.
Dry mustard.

2 tablespoons butter.
6 eggs.

Rub slices of ham with mustard and place in frying pan with butter. When hot, drop an egg on each slice and baste with the melted butter. Cover and cook 2 or 3 minutes until egg is desired firmness. Season with salt and pepper and serve garnished with parsley. A bottle of catsup or jar of chili sauce makes a good accompaniment. Serves 6.

POACHED EGG SUGGESTIONS

- (1) Serve on toast and pour over tomato or cheese sauce.
- (2) Pour thickened canned green peas over toast and place poached egg on top.
- (3) Serve in nest of spinach with cheese sauce.

SHIRRED EGGS, NEW STYLE

6 eggs.
6 strips bacon.
2 tablespoons cream.

2 tablespoons devilled ham.
6 rounds of toast.

Line each of 6 muffin tins with bacon, having some across the bottom. Place 1 teaspoon cream and 1 teaspoon devilled ham in each tin. Drop in egg. Sprinkle with salt and pepper and buttered crumbs. Bake at 375 degrees F. for 20 minutes. Serve on rounds of toast to 6 people.

BAKED EGGS WITH TOMATO AND BRAZILS

1 can condensed tomato soup.
6 eggs.
¾ cup minced Brazil nuts.

Salt and pepper.
1 tablespoon butter.

Divide heated soup evenly into 6 buttered ramekins or casseroles. Break 1 egg on top of soup in each dish. Sprinkle with salt and pepper. Now sprinkle the nuts around the outside edge of the eggs. Place ½ teaspoon of butter on the yolk of each egg. Bake at 400 degrees F. for about 10 minutes or until eggs are set. Serves 6.

NESTED EGGS

1 egg.
Few grains salt.

1 slice toast.

Separate the egg, being careful not to break the yolk. Beat the egg white with the salt until stiff. Pile the beaten egg white on the buttered toast and make a well in the centre. Drop the egg yolk into this carefully. Place in oven at 300 degrees F. until set. Make any number as desired.

BAKED EGGS WITH CHEESE.

1 cup cheese, in small cubes.
1 cup soft bread crumbs.
4 eggs.
1 cup milk.

¼ teaspoon mustard.
½ teaspoon salt.
⅛ teaspoon pepper.
1 tablespoon butter.

Put cheese and crumbs in buttered casserole. Beat eggs slightly, add milk and seasonings. Pour over cheese and crumbs. Dot with butter. Oven-poach at 375 degrees F. for 30 to 35 minutes. Serve in casserole sprinkled with paprika and chopped parsley.

DEVILLED SHRIMPS AND EGGS

⅓ cup butter.
1 tablespoon chopped onion.
⅓ cup flour.
1½ cups chopped, canned shrimps.
½ teaspoon paprika.

½ teaspoon mustard.
½ teaspoon salt.
⅛ teaspoon cayenne pepper.
1¾ cups milk.
4 hard-cooked eggs, diced.

Melt butter, add onion and sauté gently. Add flour, shrimps, paprika, mustard, salt and cayenne pepper. Mix well together. Add milk and cook slowly until thick, stirring constantly. Place in casserole or individual ramekins and cover with buttered crumbs. Bake at 425 degrees F. until browned, (about 15 minutes). Serve at once to 6 people.

CUBAN EGGS

½ pound sausage meat.
2 teaspoons chopped onion.
¼ cup catsup.

6 eggs, lightly beaten.
¾ teaspoon salt.
⅛ teaspoon pepper.

Fry meat and onion for 5 minutes. Add catsup, eggs and seasonings. Cook until eggs are thick and pile on toast. Serves 6.

PLATTER OF FRENCH TOAST, PINEAPPLE RINGS AND BACON

6 circles bread, $\frac{3}{4}$ -inch thick
and 3 inches across.
6 slices pineapple.
12 slices breakfast bacon.

Mint jelly.
1 egg.
 $\frac{1}{2}$ cup milk.
 $\frac{1}{4}$ teaspoon salt.

Prepare the slices of bread and dip in the egg and milk beaten together with the salt added. Fry this in butter until browned. Meantime dip the pineapple in flour and fry in butter until brown. Broil the bacon. On a hot platter (I used a round silver tray), place the slices of French toast and on top place the slices of pineapple with a mound of mint jelly in the centre. In between each round place 2 slices of the broiled bacon. Garnish with parsley and serve with pineapple sauce. Serves 6.

PINEAPPLE SAUCE

$\frac{3}{4}$ cup pineapple juice (drained
from the pineapple).
 $1\frac{1}{2}$ teaspoons cornstarch.

Few grains salt.
1 tablespoon water.
1 teaspoon lemon juice.

Heat the pineapple juice to boiling. Combine the other ingredients and add to the boiling juice. Cook until thick and clear. Pour over the servings of French toast as you serve it.

STUFFED EGGS AU GRATIN

6 hard-cooked eggs.
2 tablespoons minced ham.
2 tablespoons chopped celery.
Seasonings.
Milk or mayonaise.
3 tablespoons butter.

3 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 $1\frac{1}{2}$ cups chopped mushrooms.
 $\frac{1}{2}$ cup bread crumbs.
 $\frac{1}{2}$ cup grated cheese.

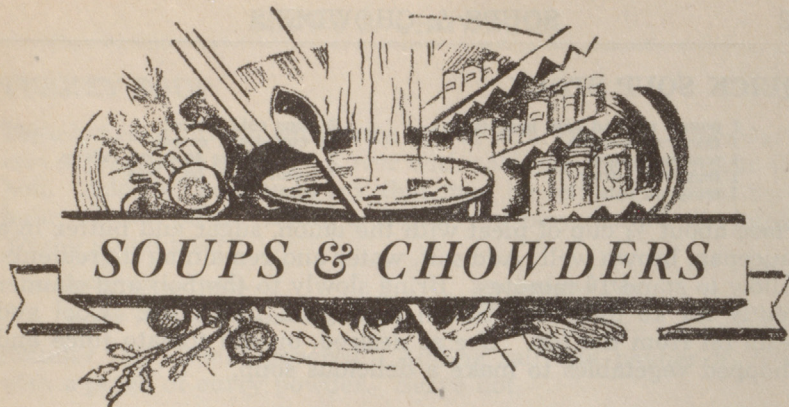
Cut eggs in half lengthwise. Remove yolks and mash well. Combine well with minced ham, celery, seasonings and milk or mayonaise. Now pack this back into the eggs and place 2 halves together. Make a cream sauce of the butter, flour, milk and seasonings. Add the mushrooms sautéed in butter. Pour this over the eggs arranged in a casserole. Sprinkle with the combined crumbs and cheese. Brown in a hot oven at 450 degrees F. for 20 minutes or until brown on top. Serves 6.

BIRMINGHAM EGGS

6 slices bread.
6 eggs.

Salt and pepper.

Cut bread in $\frac{1}{2}$ -inch slices. From centre cut out circle with $2\frac{1}{2}$ -inch cutter. Place bread slice in hot buttered frying pan. Drop an egg in circle and cook on one side until brown. Place a piece of butter on top of egg. Turn over and cook on other side. Serve garnished with parsley to 6 people.



THE stock pot in this country is almost a thing of the past. No longer is there a pot of succulent stock stewing away at the back of the stove from which one can dip a cup of stock for any soup or sauce that one might be making. Even the cream soup is not made in the home half as much as it was and this is all because of the splendid variety of canned soups that are available to everyone.

You can give a very ordinary plate of soup an air of being well dressed by means of a little garnish. Chopped parsley or chives, a little grated cheese, a bit of chopped crisply cooked bacon to say nothing of freshly popped popcorn—all are delicious additions to the service of a plate of soup.

Serve soup as hot as you can or do not serve it at all. The only exceptions to this are the jellied soups or chilled clear soups. These, in contrast, are served as cold as possible, and do not forget that cold things chill our sense of taste and as a result these must be seasoned very highly or they will be flat.

Cream soups and clear soups can be served at dinner or luncheon as a first course but the chowder is a meal within itself and should be used as a main course for luncheon or supper.

QUICK SOUP STOCK

1 pound minced raw beef (lean).
 1 thick slice onion.
 1 teaspoon sugar.
 1 teaspoon butter.
 1 teaspoon salt.

6 cups cold water.
 $\frac{1}{4}$ cup diced carrot.
 2 tablespoons chopped celery.
 1 small piece bay leaf.
 2 whole cloves.

Place about $\frac{1}{4}$ cup of meat with the onion, sugar and butter in a saucepan, brown well. Add salt, water and remaining ingredients. Allow to stand 10 minutes. Bring slowly to the boil and simmer gently for 15 minutes. Strain through a fine sieve. Cool and skim fat from the top. Use as desired, or add tomato juice and chopped vegetables to make a delicious soup.

DUCHESS SOUP

2 tablespoons minute tapioca.
 2 teaspoons salt.
 $\frac{1}{8}$ teaspoon pepper.
 1 tablespoon minced onion.
 4 cups milk, scalded.

2 tablespoons butter.
 $\frac{1}{2}$ cup grated cheese.
 2 tablespoons chopped parsley.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.

Combine tapioca, salt, pepper, onion and milk. Cook in double boiler for 15 minutes or until tapioca is clear, stirring frequently. Add butter, cheese, parsley and sauce. Cook until cheese is melted. Serves 6.

OXTAIL SOUP

1 large oxtail.
 3 tablespoons butter.
 $1\frac{1}{2}$ quarts boiling water.
 2 tablespoons barley.
 1 teaspoon salt.

1 onion, finely diced.
 1 carrot, finely diced.
 1 tablespoon chopped parsley.
 1 teaspoon Worcestershire sauce.

Have the oxtail cut into sections. Wipe off and roll in flour. Melt butter, add the oxtail and brown well. Add the water and bring to the boil. Cover and simmer slowly. At the end of an hour add the barley and salt. Cook for $\frac{1}{2}$ hour and add the diced onion, carrot and parsley. Add Worcestershire sauce and cook $\frac{1}{2}$ hour longer. Some people serve this strained. To me, it takes away from the home touch—so serve it with all the “good” in it. Serves 4 to 6.

JELLIED TOMATO BOUILLON

2 cups tomato juice.
 1 cup consommé.
 1 slice onion.
 1 cup water.

1 tablespoon lemon juice.
 Seasoning to taste.
 1 tablespoon gelatine.
 2 tablespoons cold water.

Simmer tomato juice, consommé, onion and water in covered container for 10 minutes. Remove onion. Reheat to boiling. Season. Add lemon juice then gelatine which has been soaked in cold water. Chill. Break up with a fork. Serve in bouillon cups garnished with parsley. Serves 6.

TURKEY SOUP

Take bones of turkey with extra bits of skin, etc., and crush down into a covered saucepan. Cover with cold water and bring to the boil. Add any turkey gravy that may be left over. Boil for 1 hour. Drain off the liquid and now you may discard the bones. To the liquid add:

1 cup tomato juice.
 $\frac{1}{2}$ cup finely diced onion.
 $\frac{1}{2}$ cup finely diced carrot.

2 tablespoons rice.
Seasonings to taste.

Simmer for 1 hour, covered. Adding salt and pepper to taste with a pinch of curry powder. Serve hot.

ONION SOUP, ITALIAN STYLE

$1\frac{1}{2}$ cups sliced onions.
 $\frac{1}{4}$ cup butter.
3 cups soup stock.

$\frac{1}{4}$ cup grated Parmesan cheese.
4 slices French stick bread.
Salt and pepper to season.

Slice onion very thinly. Place in covered saucepan and cook over slow heat until tender, but not brown (about 10 minutes). Add the soup stock and simmer for 20 minutes. Sprinkle the bread (or use crisp soda biscuits) with cheese and toast in hot oven. Turn hot soup into deep bowls, place toasted bread, cheese side up, on soup. Serves 4 to 6. Pass additional cheese.

JELLIED VEGETABLE SOUP

2 cups consommé.
1 cup water.
 $\frac{1}{2}$ cup diced celery.
 $\frac{1}{2}$ cup grated carrot.
2 tablespoons green pepper.

1 tablespoon diced green onion.
Seasoning to taste.
 $\frac{1}{2}$ tablespoon lemon juice.
1 tablespoon gelatine.
2 tablespoons cold water.

Combine consommé and water. Heat to boiling, add vegetables and boil 3 minutes. Season. Add lemon juice and then gelatine which has been soaked in cold water. Chill. Serve in bouillon cups garnished with parsley or watercress.

SCOTCH HOTCH POTCH

1 cup dried green peas.
 $\frac{1}{2}$ cup small dried baby lima beans.
1 pound round steak or lean stewing beef.
3 pints cold water.
2 cups canned tomatoes.

$\frac{1}{2}$ cup pearl barley.
 $\frac{1}{2}$ cup diced onion.
 $\frac{1}{4}$ cup diced celery.
 $\frac{1}{2}$ teaspoon celery seed.
3 cups diced white turnip.
2 teaspoons salt.
 $\frac{1}{4}$ teaspoon pepper.

Soak peas and beans over night. Drain. Cut meat into cubes and combine with other ingredients in covered kettle. Cover and bring to boil. Simmer $2\frac{1}{2}$ hours. Skim off any excess fat. Serve hot garnished with parsley. Serves 6.

ITALIAN VEGETABLE SOUP

4 cups brown stock.
2 cups tomato juice.
 $\frac{1}{4}$ cup rice.
1 cup canned lima beans.
 $\frac{1}{4}$ cup shredded cooked cabbage.

$\frac{3}{4}$ cup diced cooked carrot.
2 tablespoons minced onion.
1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
Grated Parmesan cheese.

Combine the stock, tomato juice and the rice and cook until tender (add hot water to make up for evaporation), and remaining ingredients except cheese, bring to a boil and boil 2 minutes. Serve in hot soup dishes and sprinkle with cheese. Serve 6.

POTATO AND LEEK SOUP

2 cups diced potatoes.
 $1\frac{1}{2}$ cups leeks, chopped.
3 cups water.

$\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{2}$ cups thin cream sauce,
seasoned.

Cook leeks and potatoes until soft in the salted water. Press through a coarse sieve. Meanwhile, add $\frac{3}{4}$ cup of liquid in which potatoes were cooked to the cream sauce. Add puréed vegetables. Reheat to boiling and serve hot with crumbled crisp bacon sprinkled over the top. Serves 4 to 6.

GRATED POTATO CREAM SOUP

2 cups grated raw potato.
 $\frac{1}{2}$ cup grated raw onion.
 $1\frac{1}{2}$ teaspoons salt.
 $1\frac{1}{2}$ cups boiling water.
3 tablespoons butter.
3 tablespoons flour.

$\frac{1}{8}$ teaspoon paprika.
 $\frac{1}{8}$ teaspoon pepper.
More salt if desired.
 $3\frac{1}{2}$ cups milk.
1 tablespoon chopped parsley.

Combine the grated raw potato, onion, salt and water and simmer for 15 minutes until tender. Meanwhile blend the butter and flour together with the seasonings. Add the milk and bring to the boil. Add the potato mixture (without draining). Reheat, add parsley, serve hot with croutons.

CREAM OF CELERY SOUP

$1\frac{1}{2}$ cups finely chopped celery.
3 cups water.
 $\frac{1}{2}$ teaspoon salt.
2 tablespoons butter.

2 tablespoons flour.
 $\frac{1}{4}$ teaspoon white pepper.
 $\frac{1}{2}$ teaspoon celery salt.
 $1\frac{1}{2}$ cups milk.

Chop the celery very finely and add the water and salt. Cook until the celery is tender. Melt the butter and blend in the flour and the seasonings, then add the milk and the celery with the liquid in which it is cooked. Cook until thick and add more salt if you consider it necessary. The celery may be pressed through a coarse sieve if you prefer to have the pieces out. Serve sprinkled with chopped parsley.

NOTE—For this recipe you will find that you can purchase stalks from the outside of the celery much cheaper than complete celery stalks.

CREAM OF TOMATO SOUP

3 tablespoons butter.
3 tablespoons flour.
 $\frac{1}{2}$ teaspoon sugar.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.
 $1\frac{1}{2}$ cups cold milk.
 $1\frac{1}{2}$ cups cold tomatoes (juice
or unstrained).

Melt butter, add flour and seasonings. Cook for 1 minute. Now add both at once, the *cold* tomato juice and *cold* milk. Bring to boil, stirring constantly. Serve hot, topped with a spoonful of whipped cream. Serves 6.

Variation

1.—Add 1 can cream corn for a tomato corn soup.

CREAM OF MUSHROOM SOUP

$\frac{1}{2}$ pound mushrooms.
1 slice of onion.
 $1\frac{1}{2}$ cups water.
4 tablespoons butter.
3 tablespoons flour.

$2\frac{1}{2}$ cups milk.
Salt and pepper.
1 teaspoon Worcestershire
sauce.

Wash mushrooms, peel and cut in very small pieces. Place skins and stalks in water with onion and simmer for 20 minutes. Strain. Melt butter, add mushrooms and sauté for 2 minutes. Blend in flour and seasonings. Add milk and liquid drained from mushrooms (about 1 cup). Cook until smooth and thick. Serve topped with whipped cream. Serves 6.

VEGETABLE TOMATO SOUP

1 No. 3 can tomatoes (standard
quality).
3 cups water.
 $\frac{1}{4}$ cup rice.
1 cup thinly sliced carrots.
1 cup diced celery.

1 cup green beans, shredded.
 $\frac{1}{2}$ cup shredded turnip.
 $\frac{1}{2}$ cup diced onion.
1 tablespoon salt.
 $\frac{1}{4}$ teaspoon pepper.

Combine the water and the tomatoes. Bring to a boil and add the rice. Cover and cook for $\frac{1}{2}$ hour. Now add the other ingredients; cover again and add the seasonings. Cook for 1 hour, adding a little more water if it appears to be evaporating. This soup may be cooked with a whole oven meal if you are preparing one. Serves 6.

CREAM OF CORN SOUP

1 No. 2 can cream corn.
 $\frac{1}{2}$ cup diced celery.
1 medium size onion, sliced.
2 cups water.
3 tablespoons butter.

$2\frac{1}{2}$ tablespoons flour.
3 cups milk.
1 teaspoon salt.
 $\frac{1}{4}$ teaspoon white pepper.

Combine corn, celery and onion with the water. Cover and simmer together for 10 minutes. Rub this through a coarse sieve and add to the cream sauce made from the remaining ingredients. Serve hot, garnished with whipped cream and sprinkled with paprika. Serves 6.

SPICED TOMATO PURÉE

1 No. 3 can tomato juice.
1 cup water.
1 can consommé.
1 teaspoon stick cinnamon.

$\frac{1}{4}$ teaspoon whole cloves.
1 bay leaf.
Salt and pepper to season.

Combine all ingredients, cover and simmer for 7 minutes. Strain. Serve hot. Serves 6.

CORN CHOWDER

$\frac{1}{4}$ pound side bacon, chopped.
2 tablespoons flour.
1 onion, sliced.
2 cups water, drained from potatoes.

3 cups diced cooked potatoes.
1 cup canned corn.
3 cups scalded milk.
Salt and pepper to season.
1 cup chopped celery.

Sauté gently bacon and onion. Add flour and other ingredients. Season and heat to boiling. Add celery. Cook 2 to 3 minutes. Serve with crackers to 6 people.

CORN AND MUSHROOM CHOWDER

2 slices bacon, chopped.
2 tablespoons diced onion
(more if desired).
2 tablespoons flour.
2 cups diced cooked potatoes.
1 cup canned corn.

1 can condensed mushroom soup.
 $1\frac{1}{2}$ cups boiling water.
3 cups milk.
 $2\frac{1}{2}$ teaspoons salt.
 $\frac{1}{4}$ teaspoon paprika.

Sauté the onion and bacon together, but do not brown. Blend in the flour. Add the remaining ingredients. Heat to boiling. Cook for 2 or 3 minutes. Serve very hot with crackers, pilot biscuits, or dry toast. Sprinkle with chopped parsley. Serves 6.

MEXICAN CORN CHOWDER

6 slices bacon, chopped.
2 cups (1 can) golden bantam corn.
 $\frac{1}{2}$ cup chopped onion.
 $\frac{1}{2}$ cup chopped green pepper.
1 cup small potato cubes.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

1 teaspoon Worcestershire sauce.
1 teaspoon sugar.
1 cup thick tomatoes.
1 cup canned consommé.
 $1\frac{1}{2}$ cups rich milk or cream.
2 tablespoons flour.
2 tablespoons butter.

Cook bacon for about 2 minutes. Add onion and green pepper and cook 2 minutes. Add corn and potatoes along with the seasonings, tomatoes and stock. Cook for 30 minutes, covered. Blend the milk and flour. Add to the hot mixture, bring to boil, and cook for 5 minutes. Add butter and serve hot with crackers. Serves 6.

VEGETABLE CHOWDER

1 ham bone.
1 cup chopped onion.
1 cup chopped carrots.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Cook, covered, for $\frac{1}{2}$ hour in sufficient water to cover, then add:

1 cup green peas.

1 cup diced potatoes.

Add more water if necessary. Simmer for at least 20 minutes. Add 2 cups thin cream sauce. Combine well and serve with toast strips or crackers. Serves 4 to 6.

CLAM CHOWDER

$\frac{1}{4}$ cup fat salt pork, diced.
1 medium size onion, diced.
 $\frac{1}{4}$ cup diced celery.
1 cup diced potatoes.
 $2\frac{1}{2}$ cups boiling water.

Salt and pepper.
 $1\frac{1}{2}$ cups tomato juice.
1 No. 1 can minced clams or
1 pint fresh clams, chopped.
 $\frac{1}{4}$ teaspoon thyme.

Render out the pork in saucepan. Remove bits from pan. Add onion and celery and cook until onion is yellow. Add the potatoes, boiling water and salt. Cook until the potatoes are tender. Add the tomato juice, clams, thyme and seasonings. Reheat and cook for 3 minutes. Season to taste. Pour chowder over crisp crackers. This may be diluted with milk as desired. Will serve 4 large servings.

DOWN EAST FISH CHOWDER

3 slices side bacon, diced.
1 onion, diced.
1 pound haddock fillets, diced.
 $1\frac{1}{2}$ cups raw potatoes, diced.
3 cups boiling water.
1 cup scalded milk.

$\frac{1}{2}$ teaspoon salt.
Dash of cayenne.
 $\frac{1}{2}$ teaspoon minced parsley.
1 sprig thyme.
1 tablespoon flour.
1 tablespoon butter.

Fry bacon and onion for 2 to 3 minutes. Add fish, potatoes and water. Simmer, covered, for 1 hour. Add milk, slowly, then seasoning. Blend butter and flour together. Add to chowder. Cook until thick. Serves 6.

CRABMEAT CHOWDER

1 cup canned crabmeat (1 can).
3 tablespoons butter.
2 tablespoons diced onion.
3 tablespoons flour.
1 cup diced potato.
2 cups white meat stock.
 $\frac{1}{2}$ cup tomato juice.

1 teaspoon salt.
1 teaspoon Worcestershire
sauce.
 $\frac{1}{8}$ teaspoon cayenne pepper.
1 cup rich milk.
1 tablespoon finely chopped
parsley.

Prepare crabmeat, separating into shreds and removing muscle. Melt butter, add onion and cook for 5 minutes. Add flour and when blended stir in stock and tomato juice. Add potatoes and cook, covered, for $\frac{1}{2}$ hour. Just before serving add the crabmeat, scalded milk and parsley. Serve very hot. Serves 6.

OYSTER STEW, EXTRA SPECIAL

4 tablespoons butter.
1 tablespoon grated onion.
 $\frac{1}{2}$ teaspoon Worcestershire
sauce.
1 pint small oysters.

3 tablespoons fine cracker
crumbs.
1 quart milk, scalded.
Salt and pepper.

Melt butter. Add onion and Worcestershire sauce. Now add oysters and allow them to cook gently in the butter until the edges curl. Add cracker crumbs, milk and salt and pepper to taste. Serve at once. Garnish with chopped parsley. Serves 4 to 6.

OLD-FASHIONED OYSTER STEW

2 cups scalded milk.
2 tablespoons butter.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ cup fine cracker crumbs.
 $\frac{1}{2}$ pint oysters and juice.
Paprika.

Add butter, pepper, salt and cracker crumbs to milk. When quite hot, add the oysters and cook only until the edges curl—about 3 to 5 minutes. Serve at once; sprinkle with paprika. Serves 4. Always remember that the raw oyster is one of the simplest things to digest. With this in mind, try to cook the oyster only long enough to heat it through. An over-cooked oyster becomes tough and hard to digest.

PHILADELPHIA PEPPER POT

$\frac{1}{4}$ cup diced onion.
 $\frac{1}{4}$ cup diced celery.
 $\frac{1}{4}$ cup diced green pepper.
3 tablespoons butter.
4 cups white meat stock.
 $1\frac{1}{2}$ cups diced potato.

$\frac{1}{2}$ pound diced honeycomb
tripe (optional).
 $\frac{1}{4}$ teaspoon pepper corns,
rolled to a powder.
2 teaspoons salt.

Cook onion, celery and green pepper in butter slowly for 15 minutes. Add flour and stir until well blended. Add stock and remaining ingredients. Cover and cook slowly for 1 hour. Just before serving add:

1 cup rich milk.

1 tablespoon butter.

Serve very hot.

GREEN PEA AND MUSHROOM SOUP

1 can condensed green pea soup.
1 can condensed mushroom
soup.

3 cups milk.

Combine ingredients and heat to boiling. Serve hot. Some water may be substituted for part milk.

SCOTCH BROTH

(From left-over gravy and bones)

Roast lamb bones.
1 to 1½ cups lamb gravy.
1½ quarts water.
3 tablespoons pearl barley.
½ cup finely chopped cabbage.

¾ cup finely chopped carrots.
½ cup finely chopped onion.
3 tablespoons chopped parsley.
¼ cup chopped celery.
Seasoning.

Combine the first three ingredients, cover and bring to the boil. Reduce the heat and allow to simmer gently for about ½ hour. Add the barley, and continue to cook for another ½ hour. Remove the bone and shake it free of all barley. Now add the other vegetables, cover and simmer for another ¾ to 1 hour. Add any desired seasonings, the amount of which will depend on the amount of seasonings already in the gravy. Serve hot to 6 people.

BLACK BEAN SOUP

1½ cups black beans.
3 slices onion.
3 stalks celery.
3 whole cloves.
1 ham bone or the end of a piece of ham.
6 cups water.

¾ teaspoon Worcestershire sauce.
1½ teaspoons lemon juice.
1 hard-cooked egg, chopped.
6 slices lemon.
Salt and pepper.

Soak the beans overnight in cold water to more than cover. Drain and then place in a large kettle with the water and the onion, celery, cloves and ham bone. Simmer for 2 to 3 hours or until the beans are very tender. Rub through a very fine sieve and add the Worcestershire sauce, lemon juice, salt and pepper. If very thick add more water and I like to add a little thin cream. Taste to see if the seasoning is sufficient. Pour into serving dishes with the chopped egg and the lemon as a garnish. Serve very hot to 6 people.

BAKED BEAN SOUP

1 No. 2 can baked beans (2 cups).
2 stalks celery.
2 slices onion.
4 cups water.

1 cup tomato juice.
1½ tablespoons butter.
1½ tablespoons flour.
1 tablespoon catsup.
1 cup milk.

Cook beans, celery, onion, water and tomatoes in a large covered saucepan. Rub through a sieve. Melt the butter in the saucepan in which the beans were cooked. Add the flour and stir in the strained pulp. Stir until the mixture comes to the boil. Add the catsup and seasonings. Just before serving add the milk. Serve hot with chopped bacon, crisply cooked, sprinkled over the top. Serves 6.

SOUTHERN BEAN SOUP

1 cup dried lima beans.
6 cups cold water.
 $\frac{1}{4}$ cup sliced onion.
 $\frac{1}{4}$ cup sliced carrot.
 $1\frac{1}{2}$ teaspoons salt.
 $\frac{1}{4}$ teaspoon pepper.

$\frac{1}{8}$ teaspoon dry mustard.
1 tablespoon cider vinegar.
2 teaspoons brown sugar.
1 teaspoon Worcestershire sauce.

Soak beans in cold water over night. Drain. Combine soaked beans with water, vegetables, salt and pepper. Simmer for 2 hours. Press through a sieve. Add the mustard, vinegar, brown sugar and Worcestershire sauce. Reheat and serve to 6 people.

LIMA BEAN CHOWDER

1 can lima beans.
3 slices bacon.
 $\frac{1}{4}$ cup chopped onion.
2 tablespoons flour.
1 cup tomato juice.

2 cups milk.
 $\frac{1}{2}$ teaspoon salt (more if desired).
1 teaspoon Worcestershire sauce.

Drain water from beans and measure 1 cup. Chop bacon and fry with onion for 3 minutes. Blend in flour and then add tomato juice and milk, both at once, without heating. Add beans and seasonings. Heat to boiling and serve. Serves 6.

TOAST STICKS

Cut bread in $\frac{3}{4}$ -inch slices. Trim off crusts. Cut in fingers $\frac{3}{4}$ -inch wide. Arrange on a baking sheet and bake in slow oven, 300 degrees F. for 15 minutes, or until bread is crisp and evenly browned. Turn the sticks once during the baking. Serve with soup.

CROUTONS

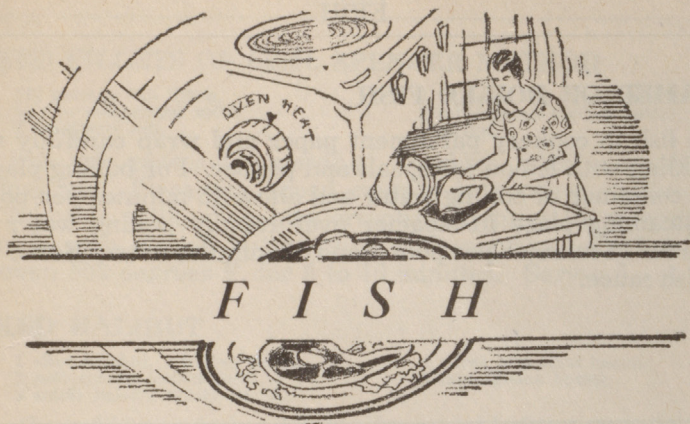
Prepare bread as for toast sticks, then cut across again to make cubes. These may be mixed with melted butter and baked at 325 degrees F. until brown. Or they may be fried in deep fat at 390 degrees F. until brown. Drain on brown paper. Serve in soup.

SPINACH BALLS

$\frac{1}{2}$ cup raw spinach, finely chopped.
 $\frac{1}{2}$ cup fine dry bread crumbs.

Salt, pepper and paprika.
1 egg white.

Combine all ingredients, mix well. Chill mixture, then roll into small balls. Add to hot soup about 5 minutes before serving, dropping them in lightly.



WE are told that fish supplies us with beauty, brains and brawn. If this is the case the average home-maker is a most self-satisfied person since there is not half as much fish used in the menus as there should be. Do try to work it into your menus more often.

Fresh fish has firm flesh that springs back when touched with the finger. There is no strong, unpleasant smell and if the head is still on the fish, the eyes are bright and the gills are a bright red.

Frozen fish of today is very safe. With the refrigerated cars and the quick method of freezing you can hardly tell it from the freshly caught fish sold in the shops. If it is still frozen when you receive it, place it in a pan of cold water to thaw.

Wash the fish dishes in hot soapy water to which about a teaspoon or so of mustard has been added. The odor throughout the house can be cut down by burning incense if you like it or by making a mixture of vinegar and whole spices and allowing this to simmer on the stove.

To serve fish without lemon is to create a "faux pas". It makes not only an attractive garnish but the tang of the lemon does something to the flavor of the fish.

STEAMED OR BOILED FISH

Place fish in cookery parchment paper and wrap carefully after sprinkling with lemon juice, salt and pepper. For boiling place in large container of boiling water and allow 15 minutes per pound. For steaming place in steamer over rapidly boiling water and steam for 15 minutes per pound and 15 minutes extra. Serve with any fish sauce.

FISH CHART

Kind of Fish	Preparation at Market	Method of Cooking	Sauce or Garnish
Bass, Black	Split	Broil or sauté	Maître d'Hôtel sauce
Bass, Sea	{ Split	Broil or sauté	Lemon
	Whole	Stuff and bake	Tomato sauce
Cod, small	Whole	Stuff and bake	Egg sauce
large	Steaks	Broil or bake	Maître d'Hôtel sauce
Flounder	Fillets	Broil or bake	Maître d'Hôtel sauce
Haddock—			
Small	Whole	Stuff and bake	Mock Hollandaise
Large	{ Fillets	Bake	Tartare sauce
	Steaks	Bake or broil	
Mackerel	Split	Broil, bake	Sliced cucumbers
Salmon	{ Steaks	Broil	Sliced cucumbers
	Thick Slice	Steam	Egg sauce
Halibut	{ Steaks	Broil or sauté	Cucumber sauce
	Thick Slice	Steam	Hollandaise sauce
Smelts	Whole	Broil or sauté	Tartare sauce
Shad Roe		Parboil, then bake	Bacon, lemon
Trout, lake and sea	Split	Broil or bake	Maître d'Hôtel sauce
Tuna, fresh	Steak	Bake or broil	Maître d'Hôtel sauce
Whitefish	{ Split	Broil or bake	Maître d'Hôtel sauce
	Whole	Stuff and bake	Parsley sauce

BROILED FISH

Line the broiler pan with parchment paper or heavy brown paper, well greased. Place fish fillets on this and then dot with butter or bacon fat; sprinkle with salt and pepper and run under hot broiling flame. Sprinkle with paprika for a good shade of brown. Using the paper, saves washing a "fishy" pan.

BAKED FILLETS OF FISH, SPENCER METHOD

1½ pounds fish fillets.
¾ cup evaporated milk.
2 teaspoons salt.

1 cup fine dry bread crumbs.
2 tablespoons melted butter.
Paprika.

Cut fish into pieces for serving. Combine milk and salt in a shallow pan. Place dry bread crumbs in another shallow pan. Dip fillets in milk, then into crumbs. Arrange in greased pan, sprinkle with melted butter, then with paprika. Cook in very hot oven 500 degrees F. for 6 to 10 minutes. Serves 6.

BAKED HALIBUT

1 slice halibut, 2 inches thick.
2 tablespoons lemon juice.
2 small onions, thinly sliced.

4 slices breakfast bacon.
2 tablespoons butter.

Wipe the halibut and place in a well-greased baking pan. Sprinkle with salt and pepper and then pour on the lemon juice. Lay the slices of onion on top and then the slices of bacon. Dot with the butter. Bake at 400 degrees F. for about 35 to 40 minutes. Serve with lemon and garnish with parsley. Serves 6.

FRIED FISH

Clean and scale freshly caught fish. Remove heads and tails from larger fish. Bone fish, if you know how. Dip fish in a mixture of equal quantities cornmeal and flour. Place in frying pan containing hot bacon fat. Brown well on both sides and continue to turn from side to side until done. It will take from 10 to 20 minutes according to thickness and size.

WINNIPEG GOLD EYES

When purchased these are smoked and as a result do not require a lengthy cooking. Brush them over with a coating of softened butter and pop them into the oven. Allow them about 10 minutes at 400 degrees F., basting frequently with the fat in the pan. Serve them piping hot with lemon and—ah—'tis a dish fit for a king. One to each person with a delicious green salad and nothing else is enough unto a sufficiency.

KIPPERS

Follow directions as given for Winnipeg Gold Eyes.

STUFFED FISH FILLETS

Purchase haddock or flounder fillets. Sprinkle with salt, pepper and lemon juice. Place fillets in bottom of well-greased shallow baking pan and place a mound of dressing on each fillet. Bake in hot oven 400 degrees F. for 30 to 40 minutes, according to thickness.

BAKED FISH

Clean about a 4-pound fish. Sprinkle lightly with salt, inside and out. Stuff and sew up. (For dry fish such as haddock and cod, make a few gashes and insert narrow strips of fat, salt pork.) Now, using a long skewer, shape the fish into the shape of a letter "S". Place in a greased baking pan. Brush over with melted fat or oil. Bake at 425 degrees F. for 1 hour, basting about every 10 minutes with fat in pan.

BAKED FISH, LOBSTER SAUCE

1½ pounds haddock fillets.
1 tablespoon lemon juice.
½ teaspoon salt.

⅓ teaspoon pepper.
1 recipe of lobster sauce.
½ cup grated cheese.

Place fillets in shallow baking casserole. Sprinkle with lemon juice, salt and pepper. Cover with the lobster sauce and sprinkle with the grated cheese. Bake 30 minutes in a moderate oven, 350 degrees F., covered. Uncover and brown for the last 10 minutes. Serve garnished with parsley. Serves 6.

FILLETS OF SOLE WITH MUSHROOM

1½ pounds fillets of sole.
Salt and pepper.
1 can mushroom soup.

¼ cup milk (if condensed soup is used).
Paprika.

Lay pieces of sole in bottom of well-greased shallow pan. Sprinkle lightly with salt and pepper and then cover with the mushroom soup, diluted if necessary. Sprinkle with paprika. Bake at 450 degrees F. for 20 minutes or until tender. Serves 4 to 6.

FILLETS OF SOLE WITH OYSTERS.

1 pound fillets of sole.
1 dozen oysters.

Lemon juice.

Place 1 or 2 oysters on each fillet. Sprinkle with lemon juice. Wrap fillets around oysters and secure with toothpicks. Dip into evaporated milk then into fine dry bread crumbs (or cornflake crumbs). Place in greased pan. Sprinkle with paprika and melted fat. Bake at 400 degrees F. for 10 minutes or until nicely browned. Serves 4.

FILLETS SANTA BARBARA STYLE

6 fillets of fish.
3 tablespoons butter.
3 tablespoons flour.
¾ teaspoon salt.
1 cup boiling water.

2 tablespoons vinegar.
1 tablespoon chopped onion.
½ cup chopped pimiento.
Buttered crumbs.

Melt butter, add flour and salt. When blended add water, onion and vinegar. Cook until thick. Add pimiento. Pour over fish arranged in well-greased baking dish. Bake at 325 degrees F. for 45 minutes after covering with buttered crumbs. 6 servings.

SAVORY SCALLOPED FILLETS

2 pounds fillets of flounder.
2 tablespoons butter.
3 tablespoons flour.
2 cups milk.

1 cup grated cheese.
Salt, pepper and paprika.
1 cup Malaga grapes, halved
and seeded.

Cut fillets in individual servings. Roll and fasten with toothpicks, place in buttered baking dish. Make a sauce of butter, flour, seasoning and milk. Add cheese. Pour over fish. Sprinkle with paprika. Bake at 400 degrees F. until fish is tender, 20 to 25 minutes. Add grapes to sauce during last 5 minutes. Serves 6 to 8.

FRIED SMELTS WITH BACON

Scald the smelts with boiling water and remove the heads if you prefer. Dip in flour then in beaten egg (1 egg with tablespoon water), and then in dry bread crumbs to which salt and pepper have been added. Meanwhile, cook the desired number of bacon strips and set these aside to keep warm while you fry the prepared smelts in the bacon fat. Cook these until they are brown and crisp and then arrange on a warm platter with the bacon. Garnish with parsley and slices of lemon.

HADDOCK AU GRATIN

2 pounds haddock fillets.
2 tablespoons lemon juice.
1½ cups cream sauce.
1 teaspoon Worcestershire sauce.

1 tablespoon grated onion.
1 hard-cooked egg, chopped.
½ cup grated cheese.
½ cup bread crumbs.

Cut fillets into pieces for serving. Place in casserole, sprinkle with lemon juice. To the cream sauce add grated onion, Worcestershire sauce and chopped egg and pour over the fillets. Cover with crumbs and grated cheese mixed together. Cover and bake at 375 degrees F. for 30 minutes. Remove cover and continue to cook until the crumbs are browned. Serves 6 to 8.

BAKED SCALLOPS

1 quart scallops.
¾ pound breakfast bacon.
Fine bread or cracker crumbs.

2 tablespoons vinegar.
2 eggs.

Wash the scallops in water and then cover with boiling water to which add the vinegar. Drain and dry the scallops after they have soaked for 5 minutes. Roll them in flour, then in the beaten eggs and then in the crumbs. Place the scallops close together in a shallow baking dish (a pie tin is good), and cover with the thin strips of bacon. Bake at 450 degrees F. for about 12 minutes. Remove bacon strips and further brown the scallops under the broiler. Serve with tartare sauce.

BOILED HALIBUT WITH PEAS AND TOMATO SAUCE

2 pounds halibut.
3 tablespoons butter.
3 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon paprika.

$\frac{1}{2}$ teaspoon celery salt.
 $1\frac{1}{2}$ cups tomato juice.
1 cup grated cheese.
1 can green peas.

Place halibut in large sheet of cookery parchment. Sprinkle with salt and lemon juice. Tie up loosely. Plunge into boiling water. Allow to cook for 35 minutes. Meanwhile, melt butter and add flour, salt, paprika and celery salt. Blend all together, add tomato juice and stir constantly until thick. Add grated cheese. Place fish on platter and pour sauce over all. Garnish with hot green peas and strips of pimiento. Serves 6.

A SALMON DISH FROM FINLAND

5 medium size potatoes.
1 large can (2 cups) salmon.
1 teaspoon chopped onion.
4 slices bacon, chopped.
1 teaspoon salt.

$\frac{1}{2}$ teaspoon pepper.
1 egg.
 $\frac{3}{4}$ cup milk.
 $\frac{1}{2}$ cup cornflake or bread crumbs.

Peel and slice potatoes. Arrange a layer of potatoes in greased pan, then a layer of salmon, onion, bacon and seasonings. Continue in layers until dish is full. Combine beaten egg and milk and pour over the mixture. Sprinkle with crumbs and more chopped bacon (about 2 slices). Bake in oven at 375 degrees F. until potatoes are done. Serve hot. Serves 6.

FRITTER BATTER FOR FISH

$1\frac{1}{3}$ cups flour.
2 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.

1 egg.
 $\frac{2}{3}$ cup milk.

Mix and sift dry ingredients. Beat the egg well and add the milk. Combine with the dry ingredients and beat until smooth. Dip fish into batter and drop into hot fat at 375 degrees F. Fry until golden brown.

SPICED FILLETS OF FISH, SOUBISE

6 fillets of fish.
2 tablespoons salad oil.
1 tablespoon vinegar.
 $1\frac{1}{2}$ teaspoons mixed whole spices.

Flour.
Salt and pepper.
1 egg.
1 tablespoon milk.
Fine dry bread crumbs.

Arrange fish in shallow pie plate. Combine oil, spices and vinegar. Pour this over the fish. Cover and leave to stand 1 hour. Now, shake off the spices and dip each fillet in flour to which salt and pepper have been added. Dip into the beaten egg and milk, then into the dry crumbs. Fry in hot fat until tender, turning frequently about 10 minutes. If deep fat is used, fry at 360 degrees F. or hot enough to brown bread in 60 seconds. Serve with Hollandaise sauce. Garnish with sliced tomatoes. Serves 6.

SALMON ROLL WITH TOMATO AND EGG SAUCE

1 $\frac{1}{4}$ cups prepared biscuit flour.
 $\frac{1}{4}$ cup milk.
1 cup flaked salmon (1 No. 1 can).

1 egg, lightly beaten.
 $\frac{1}{4}$ teaspoon white pepper.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon lemon juice.

Combine biscuit flour and the milk to form a soft dough. Roll out on a floured board into a rectangular shape about $\frac{1}{4}$ -inch thick. Combine salmon with the remaining ingredients and spread over the dough. Roll up like jelly roll and place on buttered sheet to bake at 375 degrees F. for 25 minutes. Serve with tomato and egg sauce.

TOMATO AND EGG SAUCE

3 tablespoons butter.
3 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.

1 teaspoon Worcestershire Sauce.
1 $\frac{1}{2}$ cups tomato juice.
2 hard-cooked eggs, chopped.

Melt butter and blend in flour with salt and Worcestershire sauce. Add tomato juice and cook until thick. Add chopped hard-cooked eggs. If you wish you can add a little grated onion. Serve over the salmon roll to 6 people.

SALMON LOAF

1 $\frac{3}{4}$ cups flaked salmon (1 large can).
1 cup dry bread or corn-flake crumbs.
2 eggs.
 $\frac{1}{2}$ cup milk.

$\frac{1}{4}$ cup chopped celery.
 $\frac{1}{4}$ cup chopped pimiento.
 $\frac{1}{2}$ teaspoon salt.
2 teaspoons lemon juice.
2 tablespoons butter.

Beat eggs and add to other ingredients. Combine all well together. Bake in a moderate oven, 375 degrees F., for about 40 minutes. 6 servings.

SALMON AND VEGETABLE PIE

3 tablespoons butter.
3 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
1 $\frac{1}{2}$ cups milk.

1 tall can salmon.
1 cup green beans.
1 cup diced cooked carrots.
1 $\frac{1}{2}$ cups fluffy mashed potatoes.

Make a cream sauce of first five ingredients. Remove salmon from can, trim off skin and break up in pieces. Arrange alternate layers of fish, peas, carrots and cream sauce until dish is filled and ingredients all used. Pile the potatoes on top, brush with melted butter and sprinkle with paprika. Bake at 400 degrees F. until browned and heated through (about 25 minutes).

CURRIED SHRIMPS

1 cup thinly sliced onion.
3 tablespoons butter.
2 tablespoons flour.
1 cup milk.
1 teaspoon curry powder.

1 tablespoon Worcestershire sauce.
1 teaspoon salt.
 $\frac{1}{8}$ teaspoon cayenne pepper.
 $\frac{1}{4}$ cup shredded cocoanut.
2 cups cleaned shrimps.

Cook sliced onions in the butter and when yellow add the flour and blend until smooth. Add the milk, cook until thick, adding the seasonings. Add the cocoanut and shrimp. Cover, not too closely, and simmer gently to blend flavors, for about 10 minutes. Serve on buttered rice or on hot buttered rice krispies. These last are quite delicious and unusual. Serves 6.

SALT CODFISH BALLS

1 cup shredded codfish.
2 cups mashed potatoes.
1 teaspoon grated onion.
1 tablespoon butter.

Dry bread crumbs.
1 egg, beaten.
2 tablespoons water.

Mix the codfish and the potatoes with the onion and the butter. Form into balls and roll in flour, then in beaten egg and then in bread crumbs. Fry in deep fat at 390 degrees F. Serves 6. The balls may be made and prepared ready for frying and then left in the refrigerator over night. This is really considered an improvement and is a great help when you are desirous of serving them for breakfast.

DEVILLED SARDINES

1 can sardines.
 $\frac{1}{2}$ teaspoon salt.
1 tablespoon lemon juice.

$\frac{1}{4}$ teaspoon pepper.
1 tablespoon prepared mustard.

Arrange the sardines in a shallow baking dish. Sprinkle with the salt, pepper and the lemon juice. Spread with the mustard and leave to stand for a $\frac{1}{2}$ hour. Bake at 400 degrees F. for 10 to 15 minutes. Serve on toast garnished with parsley. Will serve 3 to 4.

BROWNE OYSTERS

1 pint oysters.
2 tablespoons butter.
Paprika.
1 tablespoon flour.

1 tablespoon lemon juice.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.
 $\frac{2}{3}$ cup juice from oysters and water.

Drain oysters and dredge well with flour. Sprinkle with paprika and put in pan with hot butter. Fry until brown and place on squares of hot buttered toast. Meanwhile add flour to butter in pan and blend until smooth. Add all other ingredients. Cook until thick and pour sauce over oysters. Serves 4.

OYSTER AND RICE CASSEROLE

3 cups cooked rice.
1 pint oysters.
1 cup chopped celery.
3 tablespoons chopped pimiento.

2 tablespoons butter.
2 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 $1\frac{1}{2}$ cups milk.

Arrange alternate layers of rice, oysters, celery and pimiento in a casserole. Over this pour a cream sauce made from the remaining ingredients. Cover with buttered crumbs. Place in oven at 400 degrees F. for 25 to 30 minutes. Serves 4 to 6.

FRIED OYSTERS OR SCALLOPS

Dip oysters or scallops in flour, then in beaten egg (1 egg to 1 tablespoon water) and then in dry bread crumbs or corn meal. Sauté in hot fat or drop into deep fat and cook at 360 degrees F. until browned. Serve with slices of lemon.

NOTE—The scallops are improved if boiling water is poured over them and allowed to stand for 5 minutes.

OYSTERS BAKED IN THE SHELL

24 large oysters and shells.
1 egg.
1 tablespoon cold water.

1 cup bread crumbs.
Butter.

Scrub shells carefully to remove any sand or dirt. Beat the egg and add the water. Remove the oysters from the shell, drain and dip in egg mixture, then into the bread crumbs. Set back into shell, dot with butter and sprinkle lightly with paprika. Bake at 450 degrees F. for 10 minutes. Serve with lemon to 4 people.

PIGS IN BLANKETS

12 thin slices side bacon.
12 oysters.

4 slices toast.

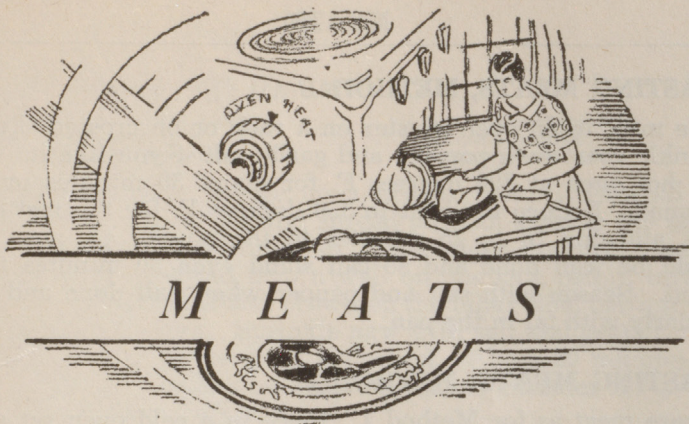
Wrap each oyster in a strip of bacon and secure firmly with a toothpick. Brown quickly in hot frying pan, or broil under hot flame, and put 3 "pigs" on each slice of hot toast. Garnish with parsley. 4 servings.

SAVORY OYSTERS EN PATTY

$\frac{1}{2}$ pound sausage.
3 tablespoons flour.
 $\frac{1}{8}$ teaspoon pepper.

$\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{2}$ cups milk.
1 pint oysters.

Cut sausage in pieces, and sauté until cooked. Blend flour, salt and pepper in with the sausage in pan. Blend in the milk, and stir until thick and smooth. Now add oysters. Cook 3 minutes longer. Serve on hot patty shells. Garnish with pimiento strips and watercress or parsley. Serves 6.



A SUCCULENT, tender, nobly done piece of meat placed on the table for consumption is the peak of good cooking. I say this because there is nothing that will spell certain ruin to a dinner as will a badly cooked piece of meat. It may only be a stew or a meat pie but if it lacks the appeal it should have, there is nothing can save your meal.

Study meat charts and learn where to find the best cuts so that you can talk intelligently to your butcher. No woman needs to consistently serve expensive cuts of meat for after all some of the finest flavor in meats is found in the cheap cuts. Watch the weekly market report in the paper and watch the meat suggestions in your butcher's hand bill so that you will buy certain meats when they are in season and at the best price.

The tough cuts of meat require a long, slow moist cooking so that the muscle fibre is broken up. In the more tender cuts where the muscle fibre is already in a very easily broken-up condition you can use the faster methods such as broiling, frying and roasting.

It is possible to obtain the waffled and cubed steaks at your grocery stores. These are a superior grade of round steak that are "tenderized" by means of a special machine. They are best pan-fried.

The meat thermometer is a new gift to the kitchen. Familiarize yourself with it and use it to take the guess work out of your roasting of meats.

ROASTING MEATS, METHOD 1

Place meat in an open roaster on a rack or on crossed skewers. Sprinkle roast with paprika and garlic salt if you like it. Place in a hot oven at 500 degrees F. for about 30 minutes or until browned. Reduce the heat to 350 degrees F. for the rest of the time, allowing 20 to 25 minutes to the pound. A pork roast should be well done and so can stand even 30 minutes to the pound. Season with salt and pepper when half done and baste regularly with fat in the pan.

ROASTING MEATS, METHOD 2

Prepare meat as for Method 1. Place in a cold oven set at 350 degrees F. Add no water. For beef allow from 20 to 35 minutes to the pound. For pork, lamb and veal allow 30 to 35 minutes to the pound as these should all be served well done. Season with salt and pepper when the time is half up. Turn the roast once during the cooking and baste frequently with the fat in the pan. This method gives a moister roast than the first method and as a result a most delicious moist cold meat.

TO MAKE BROWN GRAVY—

Pour off all surplus fat from roasting pan except 2 to 3 tablespoons. Add 2 tablespoons flour and blend till smooth. Add 2 cups water and cook till thick. Season.

BROILED MEATS

Pre-heat the broiler for about 15 to 20 minutes. Grease the rack and place on the meat. Run the broiler as close to the heat as possible without allowing it to "catch". Season when half done and brown well on both sides before reducing the heat. Reduce the heat or lower the broiler pan to allow the meat to cook through. With an electric oven the door is left slightly open to allow for an air circulation. Allow 20 to 30 minutes for an inch steak and about 12 minutes for chops. Mixed grills are governed by the length of time it takes for the largest article to cook.

PAN BROILED OR FRIED STEAK

Render some of the fat from the meat in a hot pan and then remove the charred piece. When the pan is hot, place in the meat and sear well on both sides. Reduce the heat and turn every 2 minutes. When half done season with salt and pepper. Pour off excess fat if it collects so that the meat is not cooking in any depth of fat. Cook from 5 to 10 minutes, depending on whether you want it rare or well done. Serve with pan gravy, or onion or mushroom gravy.

BROILED STEAK (My Own Method)

2 pounds best sirloin steak,
1-inch thick.
2 tablespoons soft butter.

$\frac{1}{4}$ teaspoon garlic powder.
 $\frac{1}{4}$ teaspoon paprika.
1 teaspoon lemon juice.

Wipe the meat and arrange on a broiler rack. Cream all the other ingredients together and spread on both sides of the steak. Leave to stand for an hour or so. Place under the direct heat of a pre-heated broiler and brown well on one side before turning to the other side. Turn and brown on the other side, basting well with the fat in the pan. Sprinkle now with salt and pepper. Reduce heat for further cooking if desired. Allow 20 minutes for a rare steak; 30 minutes for medium and 40 minutes for a well done. Serve with steak sauce.

A POT ROAST

The tougher cut from the shoulder, round and sometimes the rump, requires the long, slow moist cooking. Wipe the meat. Now take a mallet of some kind and pound as much flour as it will absorb into all the open cut surfaces. Sprinkle with paprika and pepper. Sear it until it is very brown all over. Place on meat rack to prevent sticking to the bottom during the long cooking and add any of the following:

- (1) 1 cup water.
- (2) 1 cup tomato juice.
- (3) $\frac{1}{2}$ cup water; $\frac{1}{2}$ cup vinegar
from sweet pickles.
- (4) 1 can vegetable soup diluted
slightly.

Diced vegetables of any kind may be added during the last hour of the cooking as well as $\frac{3}{4}$ teaspoon salt. Simmer very gently on top of stove, covered closely, allowing 30 minutes for each pound. If baked in oven, cook at 250 to 300 degrees F.

The brown gravy of a pot roast is always good and sometimes noodles or spaghetti are cooked and placed around the roast and the gravy poured over them. Pimiento strips or green pepper rings make an attractive garnish with parsley for a pot roast.

BEEFSTEAK POCKETS

2 pounds round steak, $1\frac{1}{2}$ -inch
thick.
1 pound sausage meat.
1 cup soft bread crumbs.
2 tablespoons water.

1 tablespoon finely chopped
onion.
 $\frac{3}{4}$ teaspoon mace (if desired).
2 cups tomato juice.
1 teaspoon salt.

Cut steak in 3-inch squares. Slit a pocket in each. Stuff slits with combined sausage meat, crumbs, water, onion and mace. Secure edges with toothpicks. Sear meat well, add tomato juice and salt and cover closely. Bake at 325 degrees F. for $1\frac{1}{2}$ hours. Thicken liquid around meat to serve as gravy. Serves 6.

MEAT PIE

2 pounds raw beef.
1 large onion.
 $\frac{1}{2}$ cup diced turnip.
1 cup diced carrots.

$\frac{1}{2}$ cup diced celery.
 $1\frac{1}{2}$ teaspoons salt.
 $\frac{1}{8}$ teaspoon pepper.
 $1\frac{1}{2}$ cups tomato juice.

Wipe meat, trim off any excess fat. Cut into $1\frac{1}{2}$ -inch cubes. Roll meat in flour. Render trimmed fat in frying pan. Add meat and onion. Sprinkle with paprika and cook until brown. Add tomato juice and extra water to cover. Cover and simmer slowly for 1 hour. Add vegetables and more water if necessary. Cook, covered, until tender (about 40 minutes). Add seasonings. Thicken with flour and water. Put in casserole or baking dish and cover with round biscuits (made from tea-biscuit dough). Bake at 425 degrees F. until biscuits are cooked and brown (about 25 minutes). Serves 6 to 8.

SWISS STEAK

$1\frac{1}{2}$ pounds round steak.
 $1\frac{1}{2}$ tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.
1 cup hot water.

Sprinkle half the flour over one side of the steak. Take a saucer and with the edge, pound in the flour. Do likewise with the other side. Have frying pan ready with $1\frac{1}{2}$ tablespoons hot fat. Add meat and brown well on one side. Brown other side. Add seasoning and water. Bring to boil and cover closely. Reduce heat so that it simmers very slowly. This is very essential. Simmer for $1\frac{1}{2}$ hours over very low heat. Add more water if necessary. Be sure always to have moisture. Do not let it dry out. You may use tomato juice instead of water if you wish. Serves 6.

STEAK AND SAUSAGE ROLL

$1\frac{1}{2}$ pounds round steak, $\frac{1}{2}$ -inch thick.

$\frac{3}{4}$ pound sausage meat.
1 cup hot tomato juice.

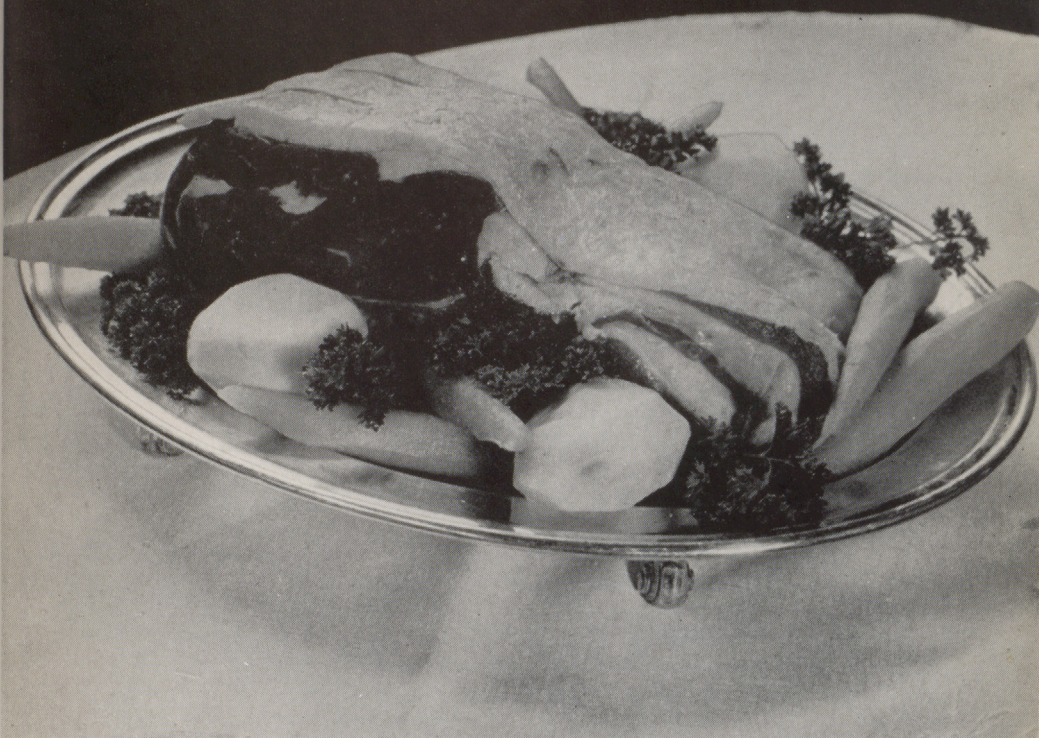
Spread sausage meat over steak. Roll up as a jelly roll. Tie into shape. Roll in flour and sear in hot fat. Add tomato juice (or water). Cover closely and simmer for 2 hours. Serves 6.

BEEF OLIVES

1 pound round steak, $\frac{1}{2}$ -inch thick.
 $1\frac{1}{2}$ cups soft dressing.

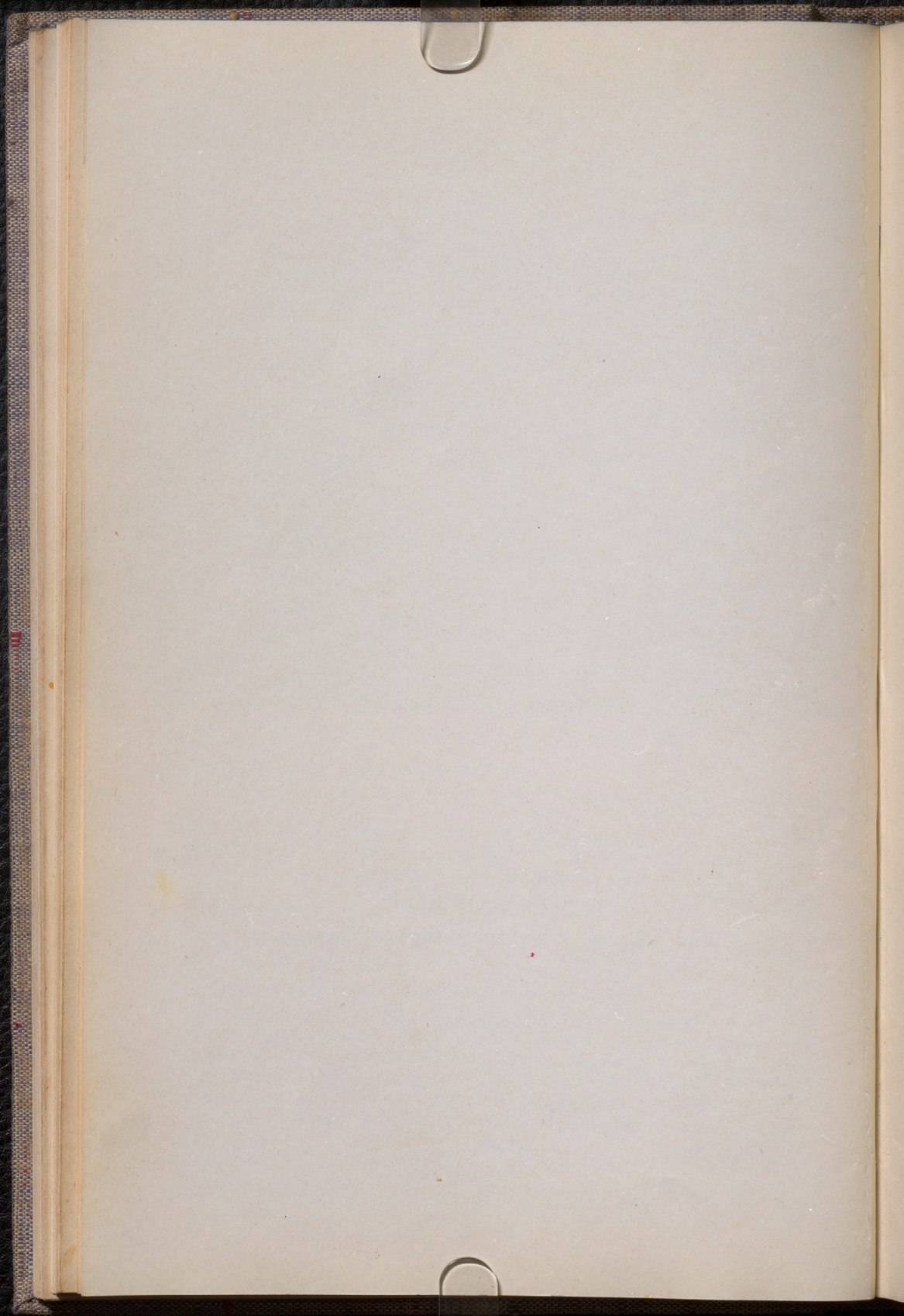
2 onions sliced.
 $\frac{3}{4}$ cup flour.

Cut meat into strips about $1\frac{1}{2}$ inches by 3 inches. Place a little dressing on each strip. Roll up and tie. Roll meat in $\frac{1}{2}$ cup flour and brown in hot fat. Push to one side of pan and add onions and rest of flour. Brown, add 1 cup boiling water. Season, cover and simmer $1\frac{1}{2}$ hours. To serve, remove strings from beef olives, arrange a bed of boiled noodles and place meat on top, and pour over gravy. Add more water if gravy is too thick. Serves 4 to 6.



A ROAST OF BEEF

A prime rib roast of beef surrounded with vegetables.



POTTED STEAK WITH PEAS

2 pounds round steak.
6 medium size onions.
1 cup diced carrot and turnip.
1 cup tomato juice.

2 cups canned peas.
1 teaspoon salt.
1/8 teaspoon pepper.

Cut meat into pieces for serving. Pound flour into meat with edge of plate. Brown well in hot frying pan. Place in casserole. Cover with onions cut in half. Add carrots and turnip. Pour tomato juice and water drained from peas into the frying pan. Bring to boil, add seasonings and pour over the meat. Cover and bake at 325 degrees F. for 2 hours. Half an hour before serving, add peas. Serve hot with boiled rice. Serves 6 to 8.

RUSSIAN STEAKS

1 1/2 pounds round steak, minced.
3 tablespoons soft butter.

1/2 teaspoon salt.
1/4 teaspoon pepper.

Mix the steak and the butter and blend well, adding the seasonings. Form into patties and fry in fat until brown. Cook for about 6 minutes. Serve with the following sauce:

2 tablespoons salad oil.
1 tablespoon butter.
1 1/2 tablespoons flour.
Salt and pepper.
1 teaspoon lemon juice.

2 teaspoons onion juice.
1 teaspoon grated horseradish.
1/4 teaspoon mustard.
1 1/2 cups meat stock.
1/4 cup thin cream.

Combine the oil and butter, blend in the flour and seasonings. Add the meat stock and the cream and stir until smooth. Pour while hot over the meat cakes and serve at once, garnished with hot sliced beets. Serves 6.

BAKED SHORT RIBS OF BEEF

5 pounds short ribs.
2 tablespoons fat.
2 cups boiling water.
6 medium size potatoes.

2 large onions.
4 carrots.
2 teaspoons salt.
1/2 teaspoon pepper.

Wipe meat. Spread with fat and sprinkle with salt, pepper and paprika. Sear in oven at 500 degrees F. until very brown. Pour on boiling water. Cover, reduce heat to 325 degrees F. Cook for 1 hour, then add whole potatoes, sliced onions and halved carrots. Bake 1 1/2 to 2 hours longer. Serve on platter, surrounded with vegetables and garnished with parsley. Serves 6.

BOILED BEEF

4 pounds rolled brisket.
2 teaspoons salt.
2 whole cloves.
1 bay leaf.

1 onion, sliced.
1 carrot, sliced.
Boiling water.

Add salt, cloves, bay leaf, onion and carrot to the brisket. Cover with boiling water. Cover—bring to the boil. Reduce heat so as to allow water to simmer only. Cook for 2 hours gently. Place on shallow pan and brown quickly in hot oven. Serve with horseradish sauce.

FLANK STEAK EN CASSEROLE

1 flank steak (1½ to 2 pounds).
4 tablespoons vinegar.
2 tablespoons water.
1½ teaspoons salt.
¼ teaspoon pepper.
2 tablespoons flour.

2 tablespoons fat.
½ cup chopped onion.
¼ cup chopped green pepper.
1 can tomato soup.
½ cup water.

Have steak scored by butcher. Cut into pieces. Combine vinegar, first amount of water, salt and pepper. Pour over the steak and allow to stand 2 hours or more. Dip steak in flour and brown in hot fat. Arrange the steak alternately in a casserole with the onion, green pepper and tomato soup. Cover and bake at 325 degrees F. for 2 hours. Serves 6.

BEEF LOAF

1½ pounds minced round steak.
½ pound pork.
1 egg.
1½ cups tomatoes.
2 tablespoons chopped onion.
2 tablespoons chopped green pepper.

½ cup chopped celery.
1½ cups cornflakes or other cereal flakes.
½ teaspoon pepper.
1½ teaspoons salt.
½ teaspoon poultry seasoning.

Combine the meats. Add the remaining ingredients and mix all thoroughly together. Form into a loaf. Bake in a hot oven at 400 degrees F. for about 1½ hours, basting at intervals with ½ cup liquid. Serves 8 to 10.

UPSIDE-DOWN HAM LOAF

1 pound minced uncooked ham.
1 pound minced uncooked veal.
½ teaspoon dry mustard.
½ cup pineapple syrup.

⅓ cup dry bread crumbs.
¼ teaspoon salt.
1 teaspoon condiment sauce.
Pineapple slices.

Combine all ingredients except the pineapple slices. Arrange the pineapple slices in the bottom of a loaf pan. Pack in the ham mixture. Bake at 375 degrees F. for 60 minutes. Unmold on to platter with pineapple slices on top. Serve hot or cold with a garnish of lettuce and more pineapple slices around the loaf. Serves 6.

STUFFED MEAT LOAF

2½ cups seasoned bread stuffing.
1 pound minced beef.
½ pound minced lean pork.

½ cup condensed tomato soup.
Salt and pepper.
6 to 8 strips breakfast bacon.

Prepare stuffing. Add the soup and seasoning to the meat. Line a loaf pan with strips of bacon, then alternate layers of meat and stuffing. Bake at 375 degrees F. for 50 minutes. Turn on to a hot platter and serve garnished with baked potatoes and parsley. Serves 6.

MINCED BEEF UPSIDE-DOWN LOAF

1 pound minced round steak.

2 tablespoons shortening.

1 tablespoon flour.

1 teaspoon salt.

$\frac{1}{4}$ teaspoon pepper.

1 teaspoon Worcestershire sauce.

$\frac{1}{2}$ cup hot water.

1 large tomato, sliced.

1 large onion, sliced.

2 tablespoons butter.

2 cups pastry flour.

4 teaspoons baking powder.

$\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ cup grated cheese.

2 tablespoons butter.

$\frac{1}{2}$ cup milk.

Brown steak in frying pan with shortening. Add flour and seasoning, then the water. Bring to a boil and cook for 2 or 3 minutes to thicken. Meanwhile melt butter in bottom of round or oval casserole or upside-down cake pan. Place slices of onion and tomato to cover the bottom. Pour on the meat mixture and allow to cool slightly while you combine the remaining ingredients into a tea biscuit mixture. Pat out into a round to cover pan. Place on steak mixture and bake at 400 degrees F. for 25 to 35 minutes or until brown. Turn upside down on to a hot platter and garnish around the sides with carrot fingers and parsley. Serves 6.

MEAT AND BISCUIT ROLL

1 cup pastry flour.

2 teaspoons baking powder.

$\frac{1}{4}$ teaspoon salt.

2 tablespoons shortening.

2 tablespoons butter.

$\frac{1}{4}$ cup milk.

$1\frac{1}{2}$ cups minced cooked meat.

$\frac{1}{4}$ teaspoon salt.

1 egg, well beaten.

1 tablespoon catsup.

Sift dry ingredients. Cut in shortening, add milk to form a soft dough. Roll out on floured board into rectangular shape $\frac{1}{4}$ -inch thickness. Combine meat with salt, egg and catsup. Spread over dough, roll up like jelly roll. Bake at 375 degrees F. for 25 minutes. Garnish with parsley. Serve with tomato sauce. Serves 6.

CHILE CON CARNE

$\frac{1}{2}$ pound minced steak.

2 tablespoons butter.

$\frac{3}{4}$ cup diced raw potato.

$\frac{1}{2}$ cup sliced onion.

$\frac{1}{4}$ cup diced pimiento.

2 cups tomato juice.

2 teaspoons salt.

Few grains cayenne.

$\frac{1}{8}$ teaspoon curry powder.

1 tablespoon Worcestershire sauce.

$\frac{1}{2}$ teaspoon paprika.

1 cup canned kidney beans.

Combine meat and butter in frying pan. Sear until brown. Stir in all the other ingredients except beans. Cover and simmer 20 to 30 minutes or until all ingredients are tender. Add beans. Heat 5 minutes longer uncovered. Thicken with flour if necessary. Serve on cooked rice or noodles. Serves 4 to 6.

BROILED SWEETBREADS

Trim sweetbreads and then cook gently in slightly acidulated water for about 20 minutes. Split in half and brush well with melted butter. Sprinkle with salt, pepper and paprika. Broil, browning both sides well for about 7 minutes.

BROILED LAMB CHOPS WITH SWEETBREADS

6 loin lamb chops, 1-inch thick.
1 pound veal sweetbreads.

Carrot fingers.
Watercress.

Soak the sweetbreads in slightly acidulated water and allow to stand for about 1 hour. Remove the coarse membrane and skin, leaving the fine skin on to keep the segments from separating. Cut into 6 slices. Brush over with melted butter and then put in the refrigerator to chill. Broil with the lamb chops seasoning well with salt and pepper. Serve on toast triangles and garnish with the carrot fingers and the watercress. The carrot fingers may be raw or cooked according to which accompaniment you prefer.

ENGLISH LAMB CHOPS

6 shoulder or loin lamb chops.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.
3 tablespoons salad oil.

1 cup well seasoned cream
sauce.
1 cup soft bread crumbs.
 $\frac{1}{4}$ cup grated cheese.

Cover the chops with the salad oil, salt and pepper, mixed together. Leave to stand an hour or so. Now broil or fry on one side until brown (about 4 minutes). Cool, spread the uncooked side with the cream sauce and then sprinkle with the combined bread crumbs and grated cheese. Bake at 375 degrees F. for about 20 minutes. Serves 6.

IRISH STEW

$1\frac{1}{2}$ pounds stewing lamb or
beef.
2 bunches new small carrots.
6 or 8 small cooking onions.
4 medium or 6 small potatoes.

$1\frac{1}{2}$ quarts water.
 $1\frac{1}{2}$ teaspoons salt.
 $\frac{1}{4}$ teaspoon pepper.
 $1\frac{1}{2}$ teaspoons Worcestershire
sauce.

Cut the meat in $1\frac{1}{2}$ -inch pieces. Roll these pieces in flour and then fry them until brown in hot fat. To this add the water; cover; bring to a boil and then reduce the heat and allow to simmer gently for $\frac{3}{4}$ hour. Add the vegetables and cook gently for 1 hour more, adding the seasonings. Before serving thicken the gravy with flour and water mixed to a paste. Turn on to a hot platter and serve with hot tea biscuits around the edge of the platter. Will serve 6.

SPANISH LAMB CHOPS

6 shoulder lamb chops.
4 tablespoons catsup.

2 tablespoons Worcestershire sauce.
2 teaspoons lemon juice.

Arrange chops in shallow baking dish. Combine the other three ingredients and spread over chops. Bake at 375 degrees F. for 25 minutes. Serve hot, garnished with parsley. Serves 6.

BAKED STUFFED LAMB CHOPS

6 thick lamb chops (ask your butcher to cut them for stuffing).
1 cup soft bread crumbs.
2 tablespoons diced celery.

1 teaspoon diced onion.
2 tablespoons soft butter.
 $\frac{1}{4}$ teaspoon poultry seasoning.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Wipe the chops with damp cloth. Combine all ingredients for dressing and pack into the cavities of the lamb chops, fastening the edges together with toothpicks. Place chops in shallow pan, top each chop with about $\frac{1}{3}$ teaspoon butter and sprinkle with paprika and salt. Bake at 400 degrees F. for 50 minutes, basting frequently with fat in pan. Serves 6.

MIXED GRILLS**STANDARD MIXED GRILL**

(Allow one to each person)

Lamb chops.
Lamb's kidneys.
Bacon strips.
Sausages.

STEAK MIXED GRILL

(Allow one to each person)

Filet mignon.
Bacon strips.
Mushrooms.
Tomato halves.

SPECIAL MIXED GRILL

(Allow one to each person)

Spring chicken broilers (half to each person).
Canned apricots.
Bacon strips.

ECONOMICAL MIXED GRILL I.

(Allow one to each person)

Minced steak patties.
Thick slices of onion.
Thick slices of potato (cooked).
Tomato halves.

ECONOMICAL MIXED GRILL II.

(Allow one to each person)

Minced lamb cakes.
Pineapple slices.
Bacon strips.
Potato slices (cooked).

SOUTHERN MIXED GRILL

(Allow one to each person)

Slices of uncooked ham.
Slices of sweet potato.
Pineapple slices.

To almost any of these grill combinations you could easily add calves' liver, dipped in melted bacon fat or butter before broiling.

BREADED SHOULDER LAMB CHOPS

6 lamb chops.
1 egg.
1 tablespoon lemon juice.

Fine, dry bread crumbs.
2 tablespoons fat.
Salt and pepper.

Purchase lean chops. Beat egg with lemon juice until light. Dip chops in egg mixture, then in dry bread crumbs. Add fat to pan and add chops when hot. Brown one side and then the other. Reduce heat and cover. Cook for about 30 minutes, turning occasionally. Uncover for the last 5 minutes. Serve with tomato sauce. Serves 6.

LAMB AND BACON CAKES

1 pound minced raw lamb.
 ¼ cup dry bread crumbs.
 ¾ teaspoon minced onion.

1 tablespoon catsup.
 1 teaspoon salt.
 ½ teaspoon pepper.

Form into cakes. Wrap in strips of bacon. Broil 10 minutes, browning on both sides. Serve on pineapple with slice of potato. Yield 6 cakes.

SPANISH STEW

1½ pounds veal.
 2 large onions.
 1 cup diced celery.
 ½ cup diced green pepper.
 1 cup noodles.
 2 cups water.

2 cups tomato juice.
 1½ teaspoons salt.
 ¼ teaspoon pepper.
 1½ teaspoons Worcestershire sauce.

Wipe veal and cut into 1½-inch pieces. Roll meat in flour and then sprinkle well with paprika; place in a pan with hot fat and brown with the onion. Add the water and bring to a boil. Reduce the heat and allow to simmer slowly for ½ hour. Add the rest of the ingredients and the seasonings. Simmer for 1 hour longer. If the liquid is thin, thicken with a flour and water paste. Serves 6.

VEAL EN CASSEROLE

2 pounds shoulder of veal.
 ¼ cup flour.
 2 tablespoons bacon fat.
 1 teaspoon salt.
 ¼ teaspoon pepper.

6 small onions.
 6 small carrots.
 ¾ cup diced celery.
 1 cup tomato juice.
 1½ cups boiling water.

Wipe the meat, trim from the bones and cut into pieces. Mix with the flour and turn into a stew pan containing the hot bacon fat. Brown the meat well, add the vegetables then the boiling water, tomato juice and seasonings. Cover and bring to boil, then reduce heat, and cook for 1 hour slowly. Turn into casserole. Cover with small tea biscuits made from prepared biscuit flour. Reheat in oven at 450 degrees F. until biscuits are baked, about 20 to 25 minutes. Serves 6.

PRESSED VEAL

4 pounds veal shank.
 1 pound pork hock.
 2 quarts water.
 2 teaspoons salt.
 ¼ teaspoon pepper.

1 bay leaf.
 2 cloves.
 2 allspice berries.
 1 small onion.
 1 teaspoon lemon juice.

Wipe the meat. Cover with water and add seasonings. Bring to boil and boil for 5 minutes. Reduce heat and allow to simmer for 1½ hours or until meat falls away from the bone. Now, pick off meat and put through the mincer. Place slices of hard-cooked egg in mold and then put in minced meat. Cook stock down slightly, add lemon juice. Pour on to the meat until it feels very moist and soft. Chill until set and slice when cold. Serve with salad garnished with watercress. Will serve 8 to 10.

BREADED VEAL CUTLET

1½ pounds veal cutlet.
1 egg.
1 tablespoon water.

½ teaspoon salt.
½ teaspoon Worcestershire sauce.
1 cup dry bread crumbs.

Cut veal into pieces for serving. Beat egg slightly and add water and seasonings. Dip veal into egg mixture, then into crumbs. Place in well-greased pan. Dot lightly with butter. Bake at 400 degrees F., uncovered, for 10 minutes. Add ¼ cup hot water at the side of the pan. Cover and bake 35 minutes longer or until tender. Serve garnished with sliced tomatoes and watercress. Will serve 6.

VEAL BIRDS

2 slices veal cutlet, ½-inch thick.
1½ cups soft bread crumbs.
2 tablespoons soft butter.
¼ teaspoon salt.
½ teaspoon pepper.

¼ to ½ teaspoon poultry seasoning.
2 tablespoons chopped celery.
1 tablespoon chopped almonds.
½ teaspoon grated onion.

Remove bone from cutlets and press meat together. Combine all other ingredients and divide mixture in half on to each cutlet. Roll up jelly roll fashion and tie into shape. Place in roaster, add a small amount of fat and sear in hot oven at 450 degrees F. until brown. Cover and bake at 350 degrees F. for 1 hour. Remove to hot platter and cut off strings. Add 1½ tablespoons flour to fat in pan and blend well. Pour in 1 cup of tomato juice. Season. Cook until thick and serve hot. Serves 6.

DEVILLED VEAL CUTLET

1½ pounds veal cutlet.
1 tablespoon prepared mustard.
1 teaspoon salt.
Dash of pepper.

1 tablespoon butter.
1 egg.
2 cups finest dry bread crumbs.

Divide cutlet into 6 servings. Mix together the mustard, salt, pepper and butter. Rub this mixture into both sides of the cutlet. Now dip into the slightly beaten egg and then into the crumbs. Fry in hot fat (about ¼ inch in pan). Served with spaghetti in tomato sauce and a green vegetable, this makes a delightful main course. Serves 6.

HAM AND VEAL LOAF

1 pound raw minced smoked ham.
1 pound raw minced veal.
1½ teaspoons salt.
2 tablespoons chopped green pepper.

2 eggs, slightly beaten.
1 cup milk.
2 cups fine dry bread crumbs or cornflake crumbs.

Combine all ingredients thoroughly together in a bowl. Pack into a buttered loaf pan and bake for 1 hour at 350 degrees F. Will serve 8 substantial servings.

BAKED VEAL LOAF

2 pounds minced veal.
 ¼ pound minced pork.
 4 cups cornflakes.
 1 cup diced celery.
 1 tablespoon chopped parsley.
 2 tablespoons chopped onion.

2 teaspoons salt.
 ½ teaspoon sage.
 ¼ teaspoon pepper.
 1 egg.
 ¼ cup tomato catsup.

Combine all ingredients, crumbling the cornflakes well. Mix well together. Pack into a loaf pan. Bake at 450 degrees F. for about 15 minutes. Reduce heat to 350 degrees F. and bake about 40 minutes longer. Baste to prevent drying out, with a mixture of ¾ cup hot water and ¼ cup butter. This will serve 10. It is quite delicious cold.

VEAL AND MUSHROOM LOAF

1 pound minced raw veal.
 ¼ pound minced raw ham.
 1 teaspoon salt.
 ¼ teaspoon pepper.
 2 tablespoons catsup.
 2 tablespoons horseradish
 (optional).
 ½ cup bread crumbs.

2 tablespoons chopped green
 pepper.
 ¼ cup chopped onion.
 1 egg.
 ½ pound chopped cooked
 mushrooms.
 1 tablespoon butter.
 4 slices bacon.

Combine all ingredients and turn into loaf pan lined with bacon strips. Pack mixture well into pan. Bake at 400 degrees F. for 1¼ hours. Serve with tomato sauce. Serves 6 to 8.

BRAISED BREAST OF VEAL

3½ pounds breast of veal,
 rolled.
 2 tablespoons flour.
 ½ teaspoon pepper.
 1 teaspoon salt.

¼ teaspoon paprika.
 2 tablespoons bacon fat.
 2 onions, sliced.
 3 carrots, diced.
 1 cup diced butter beans.

Wipe the meat. Combine flour, salt, pepper and paprika. Roll meat in this mixture, pounding it in well with edge of a saucer. Have fat very hot in roaster. Place veal in pan and sear well on all sides until nicely browned. Now place vegetables all around the veal. Add enough hot liquid to about cover the vegetables. Bake at 300 degrees F. for 2 hours, or longer, according to thickness of piece. Serves 8 to 10.

SAVORY VEAL CHOPS

6 veal chops, 1-inch thick.
 2 tablespoons lemon juice.
 ½ teaspoon salt.

¼ teaspoon paprika.
 2 tablespoons soft butter.
 ½ teaspoon poultry seasoning.

Wipe the meat. Combine the remaining ingredients and spread on the chops. Leave to stand 30 minutes. Sprinkle lightly with flour and place in hot greased frying pan. Brown on both sides. Cover and cook over low heat for 20 minutes longer. Remove chops to platter. Add ½ tablespoon cornstarch to fat in pan. Blend in well and stir in ¾ cup tomato juice. Cook until clear and slightly thick. Serve around chops. Garnish with lemon and parsley. Serves 6.

VEAL BALLS IN TOMATOES

1 pound minced veal.
2 tablespoons chopped onion.
1 teaspoon salt.

Few grains cayenne pepper.
 $\frac{1}{2}$ teaspoon poultry seasoning.
 $\frac{1}{2}$ cup soft bread crumbs.

Combine all ingredients and blend well together. Form into flat cakes. Roll in flour. Brown in hot fat very quickly. Place in casserole and cover with 1 cup canned tomatoes. Bake at 400 degrees F. for 30 minutes. Serve surrounded with the gravy and garnished with parsley. Makes 6 patties.

BAKED STUFFED PORK CHOPS

6 pork chops, 1 inch thick.
 $\frac{1}{4}$ cups soft bread crumbs.
1 tablespoon butter.
2 tablespoons chopped apple.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon sage.

Make an incision in side of chops and press in stuffing made from other ingredients. Bake at 400 degrees F. for 50 minutes. Serves 6.

BAKED PORK CHOPS WITH PINEAPPLE

6 pork chops.
Prepared French mustard.
Brown sugar.

6 slices pineapple.
 $\frac{1}{2}$ cup pineapple juice.

Spread pork chops with prepared French mustard. Place a slice of pineapple on each chop and sprinkle lightly with sugar. Arrange in baking pan and add pineapple juice. Bake covered for 50 minutes and uncovered for 20 minutes at 375 degrees F. Serve with a sprig of parsley in the centre of each round of pineapple and garnished with slices of tomato around the edge. Serves 6.

PORK CHOPS, AZORES

6 pork chops.
 $\frac{1}{2}$ cup water.
 $\frac{1}{2}$ cup vinegar.
2 bay leaves.
 $\frac{1}{4}$ teaspoon ground cloves.

$\frac{1}{4}$ teaspoon ground nutmeg.
1 onion, sliced.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{2}$ teaspoon salt.

Place pork chops in shallow dish. Combine other ingredients and pour over the pork chops. Leave to stand over night. Drain. Bake at 400 degrees F. for 35 minutes, approximately. The thickness of the chop governs the length of time. Serves 6.

CASSEROLE PORK CHOPS AND NOODLES

2 cups egg noodles.
6 small pork chops.
 $\frac{1}{8}$ cup chopped onion.

$\frac{1}{3}$ cup tomato catsup.
 $\frac{1}{4}$ cups hot water.
Buttered bread crumbs.

Cook noodles in boiling salted water for 10 minutes. Drain. Sauté chops until nearly done and season with salt and pepper. Put chops in bottom of casserole and cover with the noodles combined with the other ingredients. Sprinkle with buttered crumbs. Bake at 350 degrees F. for 30 to 40 minutes. Serves 4 to 6.

SAUSAGE BAKED WITH BEANS

1 pound pork sausage.
1 large can baked beans.
1 onion, chopped.

1 tablespoon brown sugar.
1 tablespoon molasses.
 $\frac{1}{2}$ teaspoon mustard.

Pierce each sausage a couple of times with a skewer. Cover with boiling water and allow to simmer very gently for 5 minutes. Combine all the other ingredients and turn into a casserole. Cover over the top with the sausage and place in oven at 400 degrees F. for 25 to 30 minutes. Serves 4 to 6.

SMOTHERED SAUSAGES

Pan-broil sausages until well browned. Place in casserole or baking dish. Cover with thick slices of apple. Sprinkle lightly with brown sugar and cover. Bake at 375 degrees F. until apples are tender—about 25 to 30 minutes.

Pork chops are quite delightful finished in the same way as the smothered sausage.

MOCK CROWN ROAST

$1\frac{1}{4}$ pounds spare ribs (1 strip if possible about 5 inches high).
1 pound minced round steak.
 $\frac{1}{4}$ pound minced pork.
 $\frac{1}{2}$ cup diced celery.
 $\frac{1}{2}$ cup diced apple.

$\frac{1}{4}$ cup diced onion.
1 cup cooked rice.
 $\frac{1}{2}$ cup milk or tomato juice.
 $\frac{1}{2}$ teaspoon poultry seasoning.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{3}{4}$ teaspoon salt.

Shape spare ribs into a ring joining ends with small skewers or toothpicks. Combine the remaining ingredients. Pack into the centre of the meat ring. Bake covered at 375 degrees F. for $1\frac{1}{4}$ hours, uncovering for the last 15 or 20 minutes to brown. Serve garnished with parsley on a hot platter. To carve, cut wedge-shape pieces of 2 or 3 ribs. Serves 4 to 6. This is attractive served either cold or hot.

COMBINATION MEAT LOAF

$\frac{1}{2}$ pound minced veal.
 $\frac{1}{2}$ pound minced pork.
 $\frac{1}{2}$ pound pork sausage meat.
 $\frac{1}{4}$ cup finely chopped onion.
 $1\frac{1}{2}$ teaspoons salt.

$\frac{1}{2}$ cup meat stock.
 $1\frac{1}{2}$ cups soft bread crumbs.
 $1\frac{1}{2}$ teaspoons paprika.
1 egg, well beaten.

Combine ingredients. Pack into greased loaf pan. Bake at 350 degrees F. for $1\frac{1}{4}$ hours. Serve cold. Garnish with asparagus or devilled eggs. Serves 8.

This meat loaf is also delicious served hot with spiced apple rings. The meat stock may be substituted by tomato juice if you wish or canned consommé can be used.

HEAD CHEESE

Choose clean pig's head and feet. Wipe carefully and place in a kettle. Cover with cold water. Bring to the boil slowly. Allow to simmer gently until the meat falls from the bones. Strain off the liquid and pick the meat away from the bones. Skim excess fat off of the liquid and add salt, pepper, cayenne and sage to season. Simmer liquid, uncovered, for 5 or 10 minutes. Pour this over the meat. Arrange in molds of desired size and shape.

CREOLE TENDERLOIN TIPS

$\frac{1}{2}$ cup diced onion.
2 tablespoons fat.
 $1\frac{1}{2}$ pounds pork tenderloin.
3 tablespoons flour.
Paprika.

$\frac{1}{3}$ cup diced green pepper.
 $\frac{1}{3}$ cup diced celery.
2 cups tomato juice.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon curry powder.

Dice onions and add to the fat. Sauté until onion is browned. Cut tenderloins into 1-inch cubes and roll in flour. Sprinkle well with paprika, add to other ingredients in frying pan. Sauté for 7 to 10 minutes. Add remaining ingredients. Cover and simmer for 35 minutes. Uncover for the last 10 minutes. Serve in a ring of boiled rice. Will serve 6 people—maybe—it's so good.

FRENCHED TENDERLOIN

Ask the butcher to "French" the tenderloin for you. Roll in flour and sprinkle with salt, pepper and paprika. Have fat hot in frying pan and sauté until brown. Cover closely and reduce the heat, continue to cook for 10 to 15 minutes.

STUFFED TENDERLOIN

Split the tenderloin for dressing or if you do not know how, have the butcher do it. Spread with any preferred dressing and roll up like a jelly roll, tying it up with string. Bake at 400 degrees F. adding a little fat to the pan and basting often. Time 45 to 60 minutes according to size. Cover during last 15 minutes.

SAVORY BAKED HAM

1 slice ham, 2 inches thick.
8 whole cloves.

$\frac{1}{2}$ teaspoon mustard.
 $\frac{1}{2}$ cup maple syrup.

Trim rind from ham. Stick cloves into fat and place ham in baking dish, rub mustard into ham and pour on syrup. Bake at 350 degrees F. for 1 hour, basting frequently. Serves 4 to 6. Cover during cooking if it appears to be drying out.

BAKED VIRGINIA HAM

Purchase par-cooked boned ham. Wipe and place on rack in roaster. Add $1\frac{1}{2}$ cups boiling water. Cover closely. Bake in oven at 300 degrees F., allowing 15 minutes for each pound. Half an hour before complete time is up, remove from the oven and peel off rind. Rub dry mustard well into hot, fatty surface. Then using a mixture of $\frac{1}{3}$ fine dry bread crumbs and $\frac{2}{3}$ brown sugar, pack all over fatty surface $\frac{1}{3}$ -inch thick. Stick whole cloves into surface about 1 inch apart. Return to oven having the temperature increased to 425 degrees F., and cook until lightly browned all over. To slice cold, allow to cool in cool room, then place in refrigerator over night.

NOTE—Allow 30 minutes per pound for ham not already par-cooked.

SUNSHINE BAKED HAM

1 9-pound ham.
 $\frac{1}{2}$ cup brown sugar.
 $\frac{1}{2}$ cup vinegar.
1 stick cinnamon.

6 dried prunes.
 $\frac{1}{2}$ cup crushed pineapple.
4 dried apricots.

Wipe the ham. Place sugar and vinegar, all the fruits and cold water in large kettle. Submerge the ham. Cover. Bring water slowly to just below boil, and continue to simmer until done. Allow 25 minutes simmering for each pound of ham. When done, leave in the water. Stand over night in those fruit and sugar flavors for at least 12 hours.

To bake, first remove skin, then with a sharp knife, score the fat. Rub well with brown sugar mixed with fine dry bread crumbs. Arrange whole cloves in geometric pattern. Bake in moderate oven 350 degrees F. for 1 hour.

VEAL AND HAM PIE, SOUTHERN STYLE

1 pound smoked ham.
1 pound lean veal.
Water to cover.
 $\frac{1}{2}$ cup diced celery.

$\frac{1}{2}$ cup green peas.
 $1\frac{1}{2}$ cups prepared biscuit flour.
1 tablespoon butter.
 $\frac{1}{3}$ cup milk.

Cut ham and veal in 1-inch cubes. (If ham is salty, soak in warm water.) Place in boiling water, cover and simmer gently for 30 minutes. Add the celery and peas and cook 10 minutes longer. Thicken liquid with a flour and water paste. Season to taste with salt, pepper and Worcestershire sauce. Turn into casserole and allow to cool slightly. Meanwhile, blend the butter into the prepared biscuit flour and add the milk. Form into biscuits and place on top of casserole. Bake at 425 degrees F. until biscuits brown. Serve hot to 4 to 6 people.

PINEAPPLE BAKED HAM

1 slice ham, 2 inches thick.
8 whole cloves.

$\frac{1}{2}$ teaspoon mustard.
1 cup canned crushed pineapple.

Trim rind from ham. Stick cloves into fat and place ham in baking dish, rub mustard into ham and pour on pineapple. Bake at 350 degrees F. for 1 hour, basting frequently. Cover during cooking if it appears to be drying out. Serves 4 to 6.

PAN-BROILED HAM AND CREAM

Order 2 slices ham $\frac{1}{2}$ -inch thick. Order, if you can, the pre-cooked variety. This requires no soaking. Place 2 tablespoons butter in the frying pan and melt together with 2 tablespoons of brown sugar. Fry the ham in this until lightly browned—about 20 minutes. When browned place on a platter and add 1 cup thin cream to the fat in the pan. Bring to a boil and pour over the ham. Serves 4 to 6.

GARNISHES FOR HAM

- (1) Arrange slices of pineapple filled with parsley along the centre of the ham.
- (2) Fill the centre of canned apricots with cherries and serve around the ham.
- (3) Baked apples stuffed with mincemeat make an attractive garnish.
- (4) For Easter, cut bunny shapes from a cardboard pattern out of either a cheese pastry or sweet potatoes and arrange on mounds of spinach around the ham.

BEEF KIDNEY STEW

2 beef kidneys.
2 tablespoons fat.
 $\frac{1}{2}$ teaspoon paprika.
2 cups hot water.
 $\frac{1}{2}$ cup sliced onion.

2 cups diced carrot.
1 cup canned tomatoes.
1 teaspoon salt.
1 teaspoon Worcestershire sauce.

Soak kidneys in cold water for 1 hour. Drain and scald with boiling water. Using scissors, cut away the tubes and membrane. Sprinkle well with $\frac{1}{2}$ teaspoon salt and 2 tablespoons flour. Add to hot fat in pan, add the paprika and sauté until brown. Add water, onion and carrots, cover and cook slowly for 30 minutes. Now, add tomatoes, rest of the salt and Worcestershire sauce. Cook another 10 minutes. Thicken with flour and water paste. Serve surrounded with hot green peas and garnished with strips of pimiento. Serves 6.

CASSEROLE OF LIVER

2 tablespoons flour.
¾ pound liver, diced.
¾ cup sliced onion.
4 slices side bacon, chopped.

1½ cups cooked spaghetti.
½ cup chopped green pepper.
1½ cups tomato juice.
2 teaspoons salt.

Scald liver. Drain. Roll in flour. Add to bacon and onions which have been sautéed together. Sauté for 2 to 3 minutes. Add other ingredients. Turn into casserole. Bake, covered, at 350 degrees F. for 45 to 60 minutes. 6 servings.

BACON AND KIDNEY SAUTÉ

4 strips bacon.
3 lamb kidneys or 1 veal kidney.
1½ tablespoons flour.

½ teaspoon salt.
¼ teaspoon pepper.
½ cup tomato juice.

Fry bacon until crisp. Remove from fat. Remove fat and gristle bits from kidneys and cut into pieces. Roll in flour, salt and pepper. Add to the hot fat. Sprinkle with paprika and brown well. Add tomato juice and bacon. Simmer together for 3 minutes. Serve hot on buttered toast. Serves 3 to 4.

JELLIED TONGUE

Soak pickled beef tongue in cold water for 2 to 4 hours depending on pickle used in preparing tongue. Place in kettle of cold water and bring slowly to the boil. Remove scum from the top. Reduce to a simmer and cook, allowing 30 minutes per pound from the time it has come to the boil. Remove from the water and peel off the skin. Remove bones and fatty pieces from the large end of the tongue. Meanwhile boil down the stock to about 1½ cups. Curl tongue around into circle and press down into a bowl which seems just a little too small. Press down well. Pour on stock. Cover with saucer and place a heavy weight on top of saucer. Chill thoroughly before serving.

LIVER AND BACON

Calves' liver or baby beef liver are to be preferred. Pour boiling water over slices and lift at once into a dish of seasoned flour, coating it well. Fry quickly in fat from the bacon, having the fat quite hot. Overcooked liver is hard to digest.

STUFFED BEEF HEART

Purchase a beef heart of about 5 to 6 pounds. Soak in salt and water for 1 to 2 hours. Drain well and cut away any arteries, muscles or clinging tissues. Dry inside well and pack in about 2 to 3 cups of bread stuffing. Continue as directed for pot roast.

Left-over Meats

MONDAY'S STEW

2 cups cold meat.
3 onions.
2 tablespoons fat.
2½ cups water and gravy.

1½ cups carrot cubes.
1 cup green peas.
½ to 1 teaspoon salt.
1 teaspoon Worcestershire sauce.

Prepare meat by cutting into cubes of about 1 inch. Cut onions in quarters and roll with the meat in flour and paprika. Brown in hot fat and then add the liquid, in this case, use any left-over gravy along with water. Cover and simmer gently for ½ hour. Add the carrots and simmer for 1 hour longer. Add the peas and seasonings. To thicken use a smooth paste of about 1½ tablespoons flour and 3 tablespoons water. Serve either in a border of creamy mashed potatoes or in a border of dry fluffy rice. Serves 4.

STEAK PATTIES WITH TOMATO SAUCE

3 cups minced cooked meat.
1 egg, well beaten.
1 cup soft bread crumbs.
2 tablespoons chopped onion.
1 teaspoon salt.
⅛ teaspoon pepper.

¼ teaspoon poultry seasoning.
¼ cup milk.
2 tablespoons butter.
1½ tablespoons flour.
1¼ cups tomato juice.

Mix meat, egg, crumbs, onion, seasonings and milk. Form into small cakes. Sauté the meat patties until brown. Remove to hot platter. Stir the flour into the fat in pan. Add the tomato juice. Season to taste and bring to boil, mixing well. Pour around the meat balls and garnish with parsley.

BROWNE BEEF HASH

2½ cups diced cooked beef.
1½ cups mashed or riced potatoes.
1 tablespoon grated onion.
2 tablespoons chopped green pepper.

1½ tablespoons milk.
Salt and pepper.
1½ tablespoons fat (for pan).

Combine beef, potatoes, onion, green pepper and milk. Add the salt and pepper and season to taste. Melt shortening in frying pan and spread this mixture evenly in the pan. Allow this to brown slowly over low heat. Fold over like an omelet and turn on to a hot platter. Garnish around the edge with a border of green peas or alternate mounds of sliced tomatoes and parsley. In fact, any vegetable could be used around the edge as a garnish.

CREOLE HASH

4 tablespoons butter (or dripping).
4 raw potatoes, diced.
¾ cup diced green pepper.
¾ cup diced onion.
1½ cups tomatoes.

2 cups diced cold beef (or other meat).
1½ teaspoons salt.
⅛ teaspoon pepper.
½ teaspoon Worcestershire sauce.

Melt butter, add all vegetables. Cover and cook until tender. Add meat. Cook 5 minutes longer. Serve on platter, garnished with toast points and parsley.

VEGETABLE MEAT CASSEROLE

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| 3 cups minced cooked meat. | ¼ teaspoon pepper. |
| 3 medium potatoes, sliced thinly. | 1 can tomato soup. |
| ¾ cup chopped onion. | ½ cup water. |
| ½ cup chopped green pepper. | 1 cup rice krispies. |
| 1 teaspoon salt. | 1 cup grated cheese. |

Combine onion, green pepper, salt and pepper with the meat. Arrange this mixture in alternate rows with the sliced potatoes until dish is filled. Combine tomato soup and water. Pour over casserole. Cover top with the combined rice krispies and cheese. Dot with butter for extra richness. Cover and bake 35 minutes at 375 degrees F. Remove cover and bake for 10 minutes longer to brown the top. Serves 6.

VEAL PIE WITH TOMATO BISCUITS

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| 2½ to 3 cups cold veal, in ¾-inch cubes. | 3 tablespoons flour. |
| 1 cup left-over gravy. | 1 teaspoon Worcestershire sauce. |
| 2 cups water. | ¾ teaspoon celery salt. |
| 1 cup sliced onion. | Salt and pepper. |
| 1 cup diced carrots. | 1 cup canned green peas or beans. |
| | Tomato biscuit dough. |

Combine veal, gravy, water, onions and carrots. Cover and bring to the boil. Add the seasonings and simmer all together for 30 minutes. Mix flour with water to a paste and add to the mixture to thicken. Now, add green peas and turn into casserole. Cool slightly, then place rounds of tomato biscuit dough on top. Bake at 425 degrees F. for 25 minutes. Serve hot to 6 people.

CANADIAN CHOP SUEY

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| 2 tablespoons bacon fat. | ½ cup sliced mushrooms. |
| 1½ cups diced cooked veal. | 1 teaspoon salt. |
| 2 onions, sliced. | 1 cup meat stock or tomato juice. |
| ½ cup green pepper, cut in shreds. | 1½ cups rice krispies. |
| 1 cup celery, cut in shreds. | 2 tablespoons butter. |

Place fat in heavy frying pan. Add meat and onions, and cook until slightly brown. Add the green pepper, celery and mushrooms. Cook 5 minutes. Add the salt and stock. Cover and simmer gently for about 20 to 25 minutes. Mix rice krispies with melted butter, and arrange on hot plate. Pour chop suey over top. Garnish with parsley and carrot fingers. Serves 4.

PORK CUBES IN MUSHROOM SAUCE

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| 2 tablespoons butter. | 1 cup diced celery. |
| 2 tablespoons chopped pimiento | 1 cup canned mushroom soup. |
| 1¼ cups diced cooked pork. | Seasonings to taste. |
| 3 tablespoons flour. | |

Melt butter. Add pimiento and pork. Cook slowly together for 1 minute. Add the flour and blend well. Add soup (if you use a condensed variety, you will need to add ½ cup milk). Season to taste. Serve on hot tea biscuits. Garnish with parsley. Serves 4.

FOM BALAYAH

2 cups finely diced pork.
 $\frac{1}{2}$ cup rice.
 $1\frac{1}{2}$ cups canned tomatoes.
 $\frac{1}{4}$ cup diced onion.

$\frac{1}{2}$ teaspoon sugar.
 $\frac{1}{2}$ teaspoon curry powder.
Salt and pepper to season.

Prepare meat. Boil rice in boiling salted water until tender. Combine tomato, onion and seasonings. Cover and cook together for 5 minutes. Add rice and meat and cook together for a further 10 minutes. Turn on to a hot platter and serve with a green vegetable and raw fruit salad. More seasoning may be added if desired. Serves 4.

CURRIED LAMB, HOME STYLE

3 cups cold cooked lamb.
2 tablespoons butter.
1 large onion, chopped.
 $1\frac{1}{2}$ cups diced celery.
1 cup brown sauce or left-over
gravy.

$\frac{1}{2}$ teaspoon curry powder.
 $\frac{1}{2}$ teaspoon Worcestershire
sauce.
Salt to season.

Sauté the onion and celery in the butter; add the meat and the seasonings. Mix in the brown sauce and reheat. Serve around a mound of boiled rice or crisp buttered cereal. For a delightful bit of variation to this you may add $\frac{1}{2}$ cup seedless raisins. Serves 6.

LAMB SHORT CAKE

2 cups diced cold lamb.
 $\frac{1}{4}$ cup diced pimiento.
 $\frac{1}{4}$ cup chopped sweet pickles.

2 cups seasoned cream sauce.
 $\frac{1}{4}$ teaspoon curry powder.
6 hot tea biscuits.

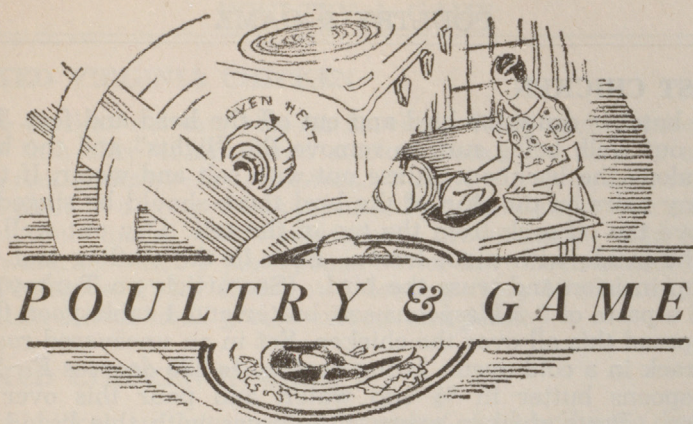
Combine lamb, pimiento and pickles in the cream sauce; add curry powder. Split biscuits and butter well. Place on serving plate and cover with hot cream mixture. Serves 6.

HAM SLICES WITH RICE

6 slices of cooked ham.
 $2\frac{1}{2}$ cups cooked rice.
3 tablespoons butter.
2 tablespoons chopped onion.
2 tablespoons chopped green
pepper.

2 tablespoons flour.
 $1\frac{1}{2}$ cups tomato juice.
Salt and pepper.
 $\frac{1}{2}$ cup grated cheese.

Arrange slices of ham on a buttered baking sheet. Melt the butter, add onion and green pepper and cook for 2 minutes over low heat. Blend in flour, seasoning and tomato juice. Heat to boiling and cook until thick. Add rice and cook for 2 or 3 minutes longer. A dash of Worcestershire sauce adds zest. Pile the rice mixture on the ham slices then sprinkle with grated cheese. Bake in oven at 375 degrees F. for about 10 minutes or until cheese melts. Serve with vegetables and a crisp salad. 6 servings.



POULTRY & GAME

NO matter what method you are going to use for cooking your poultry you should choose the bird with care. Government grading of poultry now makes it possible for even a novice to choose a good bird. If you are not familiar with this grading I suggest that you write to the Poultry Division of the Department of Agriculture and get the information.

Long hairs on a bird denote age whereas pin feathers are found on the younger bird. The first class bird, however, has had the majority of pin feathers removed and you should never pay top price for a bird that has not a clean appearance with skin that is not torn or broken.

The young bird can be found by tweaking the end of the breast bone and if you find that this is flexible (like the tip of your nose) you can be assured that the bird is not an aged one.

Choose a chicken or other fowl that has a full, well plumped breast and with a straight breast bone. Those that are scrawny with crooked breast bones are as a rule poor in flavor also.

Have your butcher save the giblets (heart, liver and gizzard) when cleaning your fowl. Cook them by bringing them to a boil in cold water and simmer until tender. Chop and add to your gravy or stuffing.

ROAST CHICKEN

Have butcher draw the bird and cut off the head and feet. Then wash out well, being sure to remove the "lights" and the blood clots along the backbone. Rinse out with salt and water. If there are any hairs on the skin of the bird these should be singed off. Remove the oil sack from the top of the tail. Dry out well and rub the inside with a cut lemon. Pack in the stuffing and then sew up incision and truss the bird. (See article on Turkey). Make a paste of 3 tablespoons soft butter and 1 tablespoon flour, and spread this all over the chicken. Set in an uncovered roaster on a rack in a cold oven. Bring heat up to 325 degrees F. Melt 2 teaspoons butter in $\frac{2}{3}$ cup water, and pour this over the chicken. Baste chicken every 30 minutes with this liquid and season with salt and pepper at half time. Allow 30 minutes per pound, figuring from the time you put it into the oven. Serve on a hot platter, garnished with parsley.

BROILED CHICKEN

Allow $\frac{1}{2}$ chicken per person. Order broilers to be cleaned and split in half. Wipe the meat. Preheat broiling oven. Lay chickens on rack of broiler, skin side up. Melt some butter in saucepan and add a bit of grated onion. (For 2 whole chickens allow 2 tablespoons butter and 1 teaspoon onion.) Brush this mixture over meat and sprinkle with paprika. Run broiler under heat and allow to cook until browned. Turn chicken over, brush again with fat and broil until brown. Turn again, sprinkle with salt and pepper. Reduce heat about half and continue to cook for 25 minutes, brushing chicken frequently with melted fat. Serve on hot platter garnished with honeyed carrots and watercress.

FRIED CHICKEN, SOUTHERN STYLE

Purchase 2 3-pound young chickens. Have butcher draw, clean and cut up chickens, wash and dry chickens very thoroughly. Prepare a seasoned flour—1 cup flour, 1 teaspoon salt, $\frac{1}{2}$ teaspoon paprika, $\frac{1}{8}$ teaspoon pepper. Dip the pieces of chicken into the flour, coating them all over very thoroughly. Melt bacon fat in frying pan. When quite hot (have fat $\frac{1}{8}$ inch deep), add chicken and brown well on both sides. Add about $\frac{1}{4}$ cup hot water. Cover, reduce heat and allow to cook for 30 to 40 minutes or until tender. This may be finished in the oven at 375 degrees F. and if your frying pan is small use your large roaster.

TO MAKE GRAVY—

Add 2 tablespoons flour to fat in pan. Stir in briskly. Blend in $1\frac{1}{2}$ cups milk. Heat to boiling. Cook until thick. Season to taste. Strain into gravy dish and serve hot with fried chicken. Serves 6.

BAKED VIRGINIA CHICKEN

Have chicken cut in pieces for serving. Wrap each portion in a very thin slice of uncooked smoked ham. Tie well or secure with toothpicks or small skewers. Stick 4 cloves in each roll and then place in a greased baking dish. Sprinkle lightly with 1 tablespoon flour mixed with 4 tablespoons brown sugar. Add $\frac{1}{2}$ cup hot water to which 2 tablespoons butter have been added. Bake at 400 degrees F. for 45 minutes, basting every 10 minutes. Serve garnished with small glazed carrots and parsley.

BAKED CHICKEN IN MILK

Have chicken cut into pieces for serving, wash and wipe dry. Roll in seasoned flour (see fried chicken). Sauté in hot fat until well browned. Place in buttered casserole. Combine the following ingredients and pour over chicken:

$1\frac{1}{2}$ cups milk, scalded.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ teaspoon Worcestershire sauce.
2 tablespoons butter.

Cover closely. Bake at 350 degrees F. for $1\frac{1}{2}$ hours.

NOTE—Have enough milk to cover the chicken, so you may need more than $1\frac{1}{2}$ cups.

BRAISED CHICKEN

Boiling fowl, sectioned.
Flour.
Paprika.

Salt and pepper.
Butter or bacon fat.
 $1\frac{1}{2}$ cups hot water.

Roll each section of fowl in flour so it is well coated. Place in casserole and sprinkle with paprika, salt and pepper. On each piece of fowl place a teaspoon of butter and put the uncovered dish under the broiler to allow it to brown slightly. Add the water and cover closely. Bake in oven at 325 degrees F. for $1\frac{1}{2}$ to 2 hours. Remove the chicken to platter and surround with a ring of boiled rice. Add 2 tablespoons of flour to the pan. Stir until smooth and add $\frac{1}{2}$ cup tomato juice and seasonings. Serve over rice.

BAKED STUFFED SQUABS WITH BACON

Wipe the squabs inside and out with damp cloth. Pack the stuffing into the squab. Brush squab over with bacon fat or butter. Sprinkle with paprika. Place in hot oven at 450 degrees F. Sear uncovered until brown. Reduce heat to 375 degrees F. and bake for 40 to 50 minutes, basting constantly with fat in pan. During last 5 minutes place bacon strips over squabs and continue to cook until bacon is done. Serve garnished with parsley and bacon strips.

ROASTING A TURKEY

MARKETING FOR THE TURKEY—Choose a turkey with unbroken skin and without pinfeathers. The flesh should be firm and the breast well filled out. Tweak the end of the breast bone to be sure it is flexible—like the tip of your own nose. Allow about 1 pound of turkey for each person.

PREPARING THE TURKEY—Have the butcher draw the turkey, cut off the head and feet and deliver it to you on the day before using. When you receive it, wash out the inside well, being sure to remove the "lights" and blood clots along the backbone. Rinse out with salt and water. Dry and cover with wax paper and store in a cool place. Prepare the dressing. Before you stuff it, however, make sure the oil sack on the tail of the turkey is removed. The turkey should, of course, be singed by holding the bird over a flame or open heat. Rub the inside of the turkey with cut lemon before packing in the stuffing. Be sure to put some in at the neck as well as the body to give the bird a plump appearance. By the way, if someone in the house does not like onion, you can leave it out of theirs by putting their stuffing without onion in the neck.

TO TRUSS THE BIRD—Draw the neck skin back under the bird. Insert a long skewer under the wings, insert another under the legs. Now, take a long piece of string and lay the middle of it across the top of the fowl and wind it around ends of the skewer. Cross the strings and bring them down under the other skewer, wind around the skewer and bring them up across the lower part of the legs. Tie the two ends tightly together. This holds the turkey well in position without making the string awkward to remove after the turkey is cooked.

ROASTING THE TURKEY—Make a paste of $\frac{1}{2}$ cup butter and 3 tablespoons flour. Spread this all over the turkey and place the turkey on skewers criss-crossed in an open pan. Put the pan into a cold oven, turn on the heat and bring the oven temperature up to 325 degrees F. Melt 1 tablespoon butter in 1 cup hot water and pour this over the turkey. Baste the turkey constantly (every 20 to 30 minutes) with the liquid in pan. Allow 30 minutes per pound for the turkey from the time you put it in the oven. That means a long cooking, I know, but after all, you are home and it only takes a minute for the basting. This method gives the turkey a beautiful brownness. Do try it. For a turkey over 10 pounds allow 30 minutes for the first 10 pounds and 20 minutes for the surplus pounds. Do not season the turkey until it is half done.

TO SERVE THE TURKEY—Place it on a large platter and garnish with parsley and a cranberry chain. Do not put anything else on the platter as the carver needs plenty of platter room. Do have the knife sharpened and a pair of scissors or regular fowl shears handy.

TO CARVE THE TURKEY—Place the head end toward the left hand and one side toward the carver. Insert a fork across the centre of the breastbone, and remove the wing first, then the leg, then the thigh bone between leg and body. Carve slices from the breastbone to the place where the wing was removed. Remove wishbone now, by carving from end of breastbone to the left of the wing joint. Make an incision for the removal of stuffing. Remove fork from breastbone, and remove the meat from the leg and thigh pieces. Carve one side of the bird completely before carving the other.

ROAST GOOSE

Clean the bird, removing all entrails or any parts that have been left in if cleaned at the butchers. Using a small scrubbing brush, scrub the outside and inside well with salt and water. Rinse several times in cold water. Place on a rack in a large roaster. Pour boiling water into roaster to about 1 inch depth. Place on tight cover of roaster. Put goose in oven at 350 degrees F. for 1 hour. Remove from oven. Pour off water and fat which will have come out of the goose. Dry goose off inside and out with paper serviettes. Place stuffing in goose. Sew up incision and truss the bird. (See turkey suggestions.) Place on rack in roaster. Leave uncovered and sear at 500 degrees F. until browned. Pour off fat and add 1 cup boiling water in which there is 1 tablespoon lemon juice. Leave pan uncovered. Reduce heat to 350 degrees F. and cook, allowing 25 minutes per pound. Add salt and pepper. Baste every 20 minutes with liquid in pan, pouring off any excess fat as it forms. Serve garnished with parsley and pineapple rings which have been placed around the goose in the pan for about 10 minutes.

ROAST DUCK OR WILD DUCK

Have butcher draw the bird. Scrub the bird well inside and out with a slightly soapy water. Now rinse thoroughly. Prepare apple stuffing and pack into bird which has been dried out well. Sew the incision. There is no trussing necessary with duck since the legs are very short and the wings are usually cut off at the joint. Sear at 450 degrees F., for 25 minutes or until brown and reduce heat to 325 degrees F., allowing 25 minutes for each pound. Pour off excess fat as it forms and add hot water to baste the duck. This prevents the duck from being "greasy".

NOTE—Sometimes ducks are cooked without stuffing. Quarters of apples or an onion, or stalks of celery are cooked in the cavity instead to add flavor.

ROAST VENISON

Wipe off the roast. Make about 4 slashes in the top of the roast and into each of these slashes press a slice of twisted breakfast bacon. Now make a thick paste of flour and water and mask this all around the roast. Place in oven at 375 degrees F. and allow 30 minutes for each pound. Half an hour before time is up, chip off the paste. Sprinkle with salt, pepper and paprika. Increase heat to 450 degrees F. to brown the roast. Serve with spiced grapes or grape jelly.

JELLIED CHICKEN OR VEAL

1 chicken (about 4 pounds) or
4 pounds veal shank.
 $\frac{1}{2}$ tablespoon salt.
2 cups reduced stock.

$\frac{1}{2}$ tablespoon gelatine.
1 tablespoon cold water.
2 tablespoons chopped parsley.

Dress and clean chicken well. Break up into pieces and place in saucepan. Cover with boiling water. Simmer slowly until tender. Add salt when half cooked. Cook until tender. Remove chicken from stock. Cool and pick from bones. Dice chicken, add parsley. Meanwhile, reduce the stock by boiling to 2 cups. Add gelatine which has been soaked in cold water. Pour this over diced meat which has been arranged in mold, either 1 large mold or from 10 to 12 individual molds. Be sure the jelly mixture is cooled before adding it to the chicken if you have arranged a jellied garnish in the bottom.

BOILED CHICKEN

Clean and cut chicken in half. Plunge into boiling water. Bring to boil again. Lower heat to keep water at a simmer. Allow to simmer gently, allowing 30 minutes for each pound and 30 minutes extra. Add salt when chicken is half cooked. At the same time add:

$\frac{1}{2}$ onion, sliced.
 $\frac{1}{2}$ lemon, sliced.
2 stalks celery.

2 bay leaves.
1 clove.

Drain off liquid and allow chicken to cool. Use as desired for chicken pot pie, chicken salad, creamed chicken or sandwich spreads.

CHICKEN, TETRAZZINI

5 pounds stewing chicken.
 $1\frac{1}{2}$ cups uncooked spaghetti.
1 onion.
2 No. 2 cans tomatoes (4 cups).
 $\frac{1}{2}$ pound mushrooms.

1 cup rich milk.
2 cups grated cheese.
 $1\frac{1}{2}$ tablespoons Worcestershire sauce.
1 teaspoon salt.

Cook chicken in boiling salted water until tender. Remove from bones in neat pieces, not too small. Cook spaghetti in boiling salted water with onion until just tender, but not soft. Drain and blanch the spaghetti, removing and discarding the onion. Add the strained tomatoes and cook until juice is absorbed. Now add the mushrooms, which have been sautéed in butter. Combine chicken and spaghetti mixture. Add Worcestershire sauce, salt, cream and 1 cup of the grated cheese. Mix lightly and turn into casserole. Cover with remaining cheese and bake at 375 degrees F. until cheese is brown and bubbly on top. Serves 6 delicious servings to 6 delighted people.

CHICKEN POT PIE

Clean a 3 to 4 pound boiling fowl. Cut in half if too big for your kettle. Cover with boiling water. Add:

1 small onion.
1 stalk celery.
1 bay leaf.

1 clove.
1 allspice berry.

Cook until meat is tender, keeping the water at a simmer and allowing about 30 minutes to each pound of chicken. When chicken is half cooked add:

2 teaspoons salt.

$\frac{1}{8}$ teaspoon pepper.

When cooked, remove chicken from pot. Skim off as much fat as possible from the strained stock. Cook stock down to 3 cups. Melt 2 tablespoons butter and blend in 4 tablespoons flour. Add chicken stock and cook until thick. Season to taste. Meanwhile, remove chicken from bones and place in baking dish which has an inverted egg cup in the centre. Pour over the gravy and cool. Prepare a rich flaky pie crust. Roll this out to desired shape. Make incisions in paste and place on top of chicken filling. Wet edges of crust so it will adhere to rim of dish. Bake at 400 degrees F. in oven until crust is nicely browned. Serve hot with peas and carrots.

NOTE—There is sure to be some soup stock left that you can turn into delicious creamed chicken soup—and after you have picked all the meat from the bones put the skin and bones back into the saucepan. Add more water, cover and allow to simmer for another hour. This gives you a very nice soup stock also for combining with tomato juice to make a tomato bouillon.

CHICKEN TURNOVERS

3 cups cooked chicken, diced.
 $\frac{1}{2}$ pound mushrooms, sliced.
2 tablespoons butter.

1 tablespoon flour.
 $\frac{1}{2}$ teaspoon salt.
Pastry.

Prepare chicken. Sauté mushrooms in butter for 5 minutes. Sprinkle with flour and mix with chicken. Cool slightly. Roll pastry out to about $\frac{1}{4}$ -inch thickness and cut into 5-inch squares. Place the chicken on dough and fold over diagonally to make 3-cornered turnovers. Bake at 400 degrees F. for 15 to 20 minutes and serve with tomato sauce or chicken gravy. Buttered peas, carrots and candied sweet potatoes would be attractive served with this.



THE French are not only famous for their soups but also for their sauces. So in France, where the stock pot still flourishes, it is an easy thing to add a cup of stock to this or that to make a savory addition to any dish. We, however, must depend on the bouillon cubes or canned consommé for the stock in our soups and sauces when it is needed. The sauce must blend in flavor with whatever you are serving so that there is not a disturbing flavor to counteract that of the dish it is accompanying.

There are certain standard sauces that you can use to make into various types of sauces with a very little variation. For some of these you require a stock and you can obtain this either by boiling bones and meat trimmings in water until the desired strength is obtained or you can use the canned consommé. Beef cubes and bouillon cubes can also be used.

In the preparation of sauces by the recognized method you make what is called a "roux". This "roux" means the blending together into a smooth mixture the melted fat and the flour. The liquid is added cold and with constant stirring you can obtain a smooth, creamy sauce free from lumps. If the sauce has to stand, keep it warm by setting the pot in hot water rather than by re-heating and in this way spoiling the texture of the sauce.

Meat, Fish and Vegetable Sauces

MEDIUM CREAM SAUCE

2 tablespoons butter.
2 tablespoons flour.
 $\frac{1}{4}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.
Dash of paprika.
1 cup cold milk.

Melt butter and blend in flour and seasonings. Add cold milk all at once and stir the mixture constantly, over direct heat, until it comes to the boil and thickens. Makes 1 cup sauce.

Variations:

1. **CHEESE SAUCE**—Add:

$\frac{1}{2}$ to $\frac{3}{4}$ cup grated cheese.
 $\frac{1}{4}$ teaspoon mustard.

$\frac{1}{2}$ teaspoon Worcestershire sauce.

Serve with egg dishes or vegetable dishes.

2. **PIMIENTO SAUCE**—Add:

$\frac{1}{2}$ cup finely chopped pimiento.

3. **SHRIMP OR LOBSTER SAUCE**—Add:

1 egg yolk, slightly beaten.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.

$\frac{1}{2}$ cup cooked cleaned shrimps or lobster.

Serve with omelet or boiled halibut, flounder or cod.

DRAWN BUTTER SAUCE

2 tablespoons butter.
2 tablespoons flour.
 $\frac{1}{8}$ teaspoon paprika.
 $\frac{1}{8}$ teaspoon pepper.

$\frac{1}{4}$ teaspoon salt.
 $1\frac{1}{2}$ teaspoons lemon juice.
1 cup water.
1 tablespoon butter.

Melt first amount of butter, blend in the flour and seasonings. Add water and lemon juice; cook until thick. Add the other tablespoon of butter, a small piece at a time. Serve at once with boiled or steamed fish.

Variations:

1. **EGG SAUCE**—Add 2 hard cooked eggs, finely chopped.

2. **PARSLEY SAUCE**—Add 2 tablespoons finely chopped parsley.

3. **CAPER SAUCE**—Add 3 tablespoons chopped capers.

HOLLANDAISE SAUCE

$\frac{1}{4}$ cup butter.
2 egg yolks.
 $\frac{1}{4}$ teaspoon salt.

Few grains cayenne.
 $\frac{1}{4}$ cup boiling water.
1 tablespoon lemon juice.

Cream butter, add beaten egg yolks, then seasonings and water. Cook slowly over boiling water, stirring constantly until thick. Remove at once. Add lemon juice. Serve hot at once.

MOCK HOLLANDAISE SAUCE

1 cup medium white sauce.
2 egg yolks.

2 tablespoons butter.
1 tablespoon lemon juice.

Make sauce. Beat egg yolks slightly and add some of hot sauce. Stir this back into the sauce. Add the butter and stir in the lemon juice. Stir for about 1 minute or so. Remove from the stove.

BROWN SAUCE

3 tablespoons butter.
2 tablespoons flour.
2 tablespoons chopped onion.

1 cup beef stock.
Salt to taste.
 $\frac{1}{4}$ teaspoon Worcestershire sauce.

Melt butter, add onion and brown well. Blend in the flour. Add cold stock and bring to the boil, stirring constantly until thick.

Variations:**1. BROWN MUSHROOM SAUCE**—Add to Brown Sauce:

1 tablespoon butter (extra).

1 cup fresh mushrooms, thinly sliced.

Sauté mushrooms in the butter with the onion; continue as in above method. Serve with omelet or croquettes.

2. SAUCE PIQUANTE—Add to Brown Sauce:

1 tablespoon vinegar.
1 tablespoon capers.

1 tablespoon chopped pickle.
Dash of cayenne.

Serve with veal, beef, fried or broiled fish.

MINT SAUCE

$\frac{1}{2}$ cup finely chopped mint leaves.
 $\frac{1}{2}$ cup vinegar.

3 tablespoons water.
 $1\frac{1}{2}$ tablespoons sugar.
 $\frac{1}{8}$ teaspoon salt.

Chop mint leaves finely. Combine sugar, water, vinegar and salt and bring to a boil. Pour over the mint leaves and set aside to cool. Green coloring may be added if desired. Use as needed, storing it in a sterilized jar in a cool place.

MINT BUTTER

$\frac{1}{3}$ cup butter.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon paprika.

1 tablespoon chopped mint
leaves.
 $1\frac{1}{2}$ teaspoons lemon juice.

Cream butter and other ingredients together. Spread on hot lamb chops.

CURRENT MINT SAUCE

1 6-ounce jar red currant jelly.
1 tablespoon finely chopped
mint.

Grated rind of $\frac{1}{2}$ orange.

Break up the jelly with a fork and sprinkle with mint leaves and orange rind. Mix lightly and turn into a glass serving dish. Serve with lamb.

RAISIN SAUCE

$\frac{1}{2}$ cup brown sugar, firmly
packed.
 $2\frac{1}{2}$ teaspoons cornstarch.
Few grains of salt.

$1\frac{1}{2}$ cups water.
2 tablespoons butter.
 $\frac{1}{2}$ cup vinegar.
 $\frac{1}{2}$ cup raisins, cut in halves.

Mix together sugar and cornstarch in saucepan, add salt, water and butter, and cook together 10 minutes, stirring constantly. Add vinegar and raisins and cook until raisins are plumped and mixture begins to boil. Serve hot with ham or tongue. Makes 2 cups of sauce.

STEAK SAUCE

$\frac{1}{2}$ cup butter.
2 tablespoons catsup.
2 tablespoons Worcestershire sauce.

1 teaspoon paprika.
 $\frac{1}{2}$ teaspoon dry mustard.
2 teaspoons malt vinegar.

In a saucepan melt the butter and add the catsup and Worcestershire sauce blended together. Now add the paprika and mustard, then the vinegar. Heat over low heat until blended. Serve over steak. Serves 8.

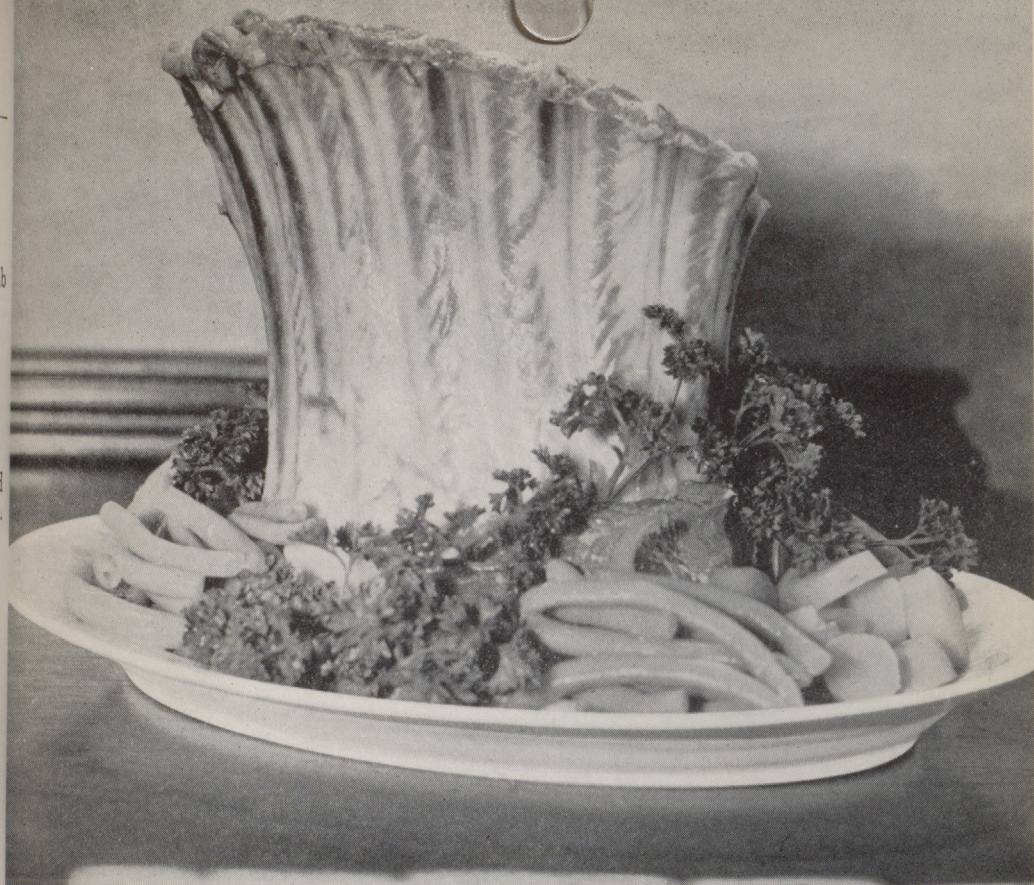
NOTE—This sauce deserves very special mention and recommendation.

CRANBERRY SAUCE

1 quart (1 pound) cranberries
(4 cups).

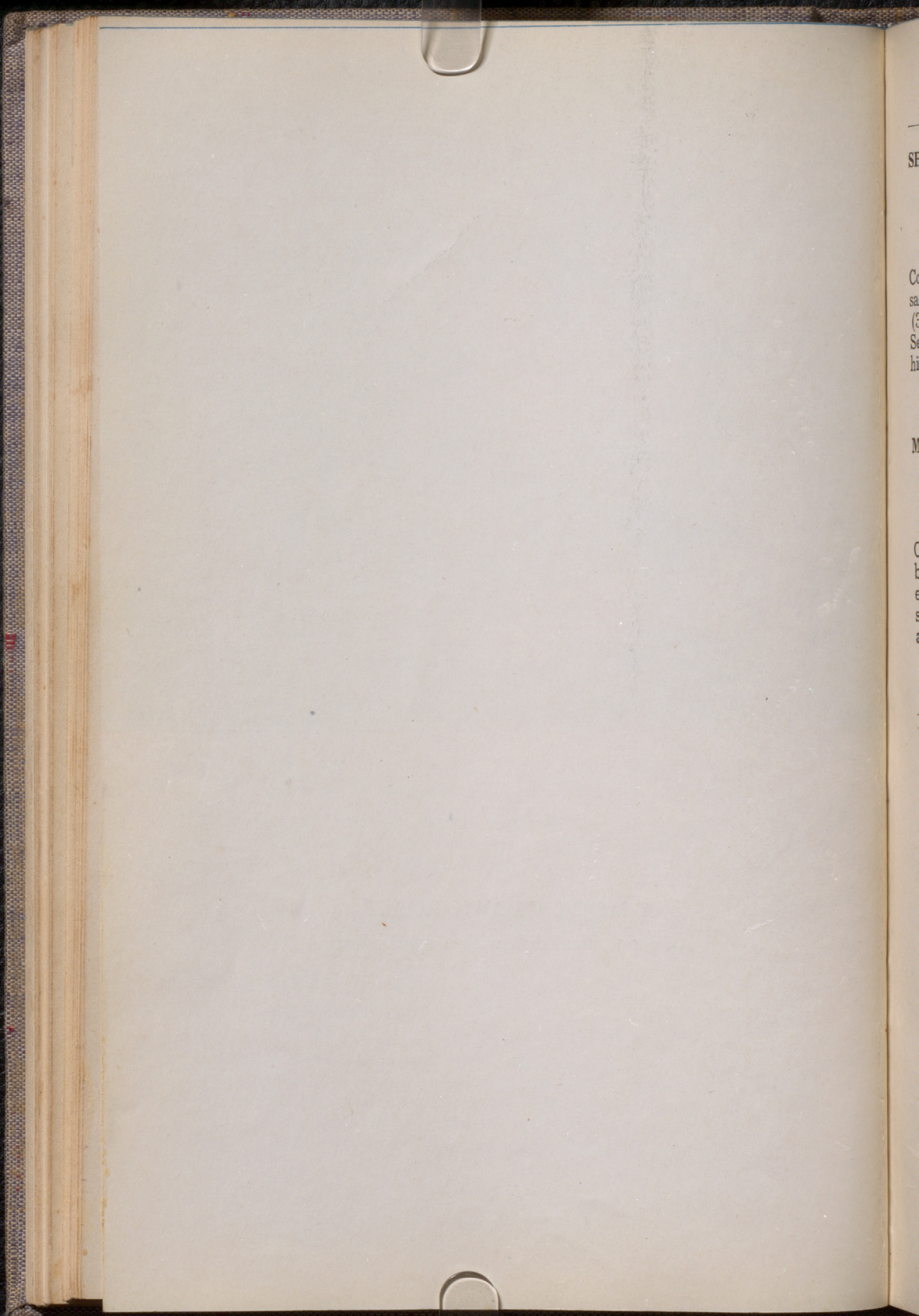
2 cups water.
2 cups granulated sugar.

Combine sugar and water and boil together for 5 minutes. Add cranberries and boil without stirring for 5 minutes until all the skins pop open. Remove from fire (after about 5 minutes). Turn into serving dish and leave undisturbed until cool. Should you desire a stiffer mixture, then use only 1 cup of water.



A MOCK CROWN ROAST

An economical dish with a regal name.



SPANISH SAUCE

4 strips side bacon, chopped.
 $\frac{1}{2}$ cup chopped onion.
3 tablespoons chopped green
pepper.
3 tablespoons chopped celery.

$\frac{3}{4}$ teaspoon salt (less if bacon
is salty).
 $\frac{1}{8}$ teaspoon pepper.
 $1\frac{1}{2}$ tablespoons flour.
 $1\frac{1}{2}$ cups canned tomatoes.

Combine bacon, onion, green pepper and celery with salt in a saucepan. Cover and simmer together until the bacon is cooked (3 to 5 minutes). Add the flour, then blend in the tomatoes. Serve with an omelet. Add curry powder or cayenne for a more highly seasoned sauce.

MUSTARD SAUCE

$1\frac{1}{2}$ teaspoons mustard.
 $\frac{1}{4}$ teaspoon salt.
2 tablespoons flour.
1 teaspoon sugar.

$\frac{3}{4}$ cup water.
2 tablespoons vinegar.
2 egg yolks, slightly beaten.
2 teaspoons butter.

Combine mustard, salt, flour and sugar in upper part of double boiler. Add water and vinegar gradually to make a paste. Add egg yolks and butter. Place over hot water and cook until thick, stirring constantly. Serve hot or cold with ham or tongue. Good also for a spread on cold meat sandwiches.

HORSERADISH SAUCE (For Beef)

1 cup medium cream sauce.
2 tablespoons horseradish.
2 tablespoons lemon juice.
 $1\frac{1}{2}$ tablespoons chopped parsley.

$\frac{1}{2}$ teaspoon dry mustard.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.

Combine all these ingredients and beat thoroughly until well blended. Heat in double boiler over hot water, while beating. Serve when quite hot. Serve with roast or boiled beef.

NOTE—To serve with cold beef 1 cup stiffly whipped cream may be used in place of the cream sauce.

MAÎTRE D'HÔTEL BUTTER

$\frac{1}{4}$ cup soft butter.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

1 tablespoon finely chopped
parsley.
3 tablespoons lemon juice.

Cream butter and other ingredients, and beat in lemon juice. Chill. Form into small balls or cut into squares, and place on hot fish steaks.

SAUCE FOR NEW POTATOES

$\frac{1}{2}$ cup melted butter.
Juice of 2 lemons.
1 teaspoon grated onion.

1 teaspoon chopped capers.
Salt and pepper.

Pour over fresh-boiled hot potatoes. Reheat and serve at once. Enough for 6 to 8 large potatoes.

CUCUMBER SAUCE No. 1

$\frac{1}{2}$ cup whipping cream.
 $\frac{1}{4}$ teaspoon salt.
Dash of paprika.

2 tablespoons vinegar.
 $\frac{3}{4}$ cup finely diced cucumber.

Whip cream. Add salt and paprika and gradually the vinegar. Add cucumber chopped and well drained. Serve with fish or fish salads.

CUCUMBER SAUCE No. 2

$\frac{3}{4}$ cup grated cucumber.
1 tablespoon vinegar.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.
Few grains cayenne.
 $\frac{1}{2}$ tablespoon grated onion.

Combine all ingredients. Serve with fish.

TARTARE SAUCE

1 cup mayonnaise.
1 tablespoon minced pickle.
1 tablespoon minced onion.

1 tablespoon minced parsley.
1 tablespoon minced capers.

Combine ingredients. Chill. Serve with fish.

VENISON SAUCE

2 tablespoons lemon juice.
1 tablespoon currant jelly.

1 tablespoon orange juice.
1 tablespoon brandy.

Beat together until thoroughly mixed.

SAUCE ALLEMANDE

2 tablespoons butter.
3 tablespoons flour.
1 cup veal stock.
3 tablespoons grated cheese.
 $\frac{1}{4}$ teaspoon salt.

Few grains pepper.
 $\frac{3}{4}$ teaspoon lemon juice.
 $\frac{1}{2}$ cup cream.
1 egg yolk.

Melt butter and blend in flour. Add the stock and stir and cook until smooth. Add the cheese, salt, pepper and lemon juice and just before serving add the cream mixed with the egg yolk. Reheat and serve at once. This is particularly good served with veal.

Dressings

PLAIN DRESSING

2 cups stale soft bread crumbs.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
Few grains cayenne.

2 teaspoons chopped parsley.
2 teaspoons grated onion.
1 teaspoon poultry seasoning.
3 tablespoons soft butter.

Mix together crumbs and seasonings and rub in the butter.

DRESSING FOR FISH FILLETS

3 medium size tomatoes.
1 small onion, diced.
 $\frac{1}{2}$ cup soft bread crumbs.

2 tablespoons butter.
Salt and pepper.

Peel tomatoes and slice over fillets. Combine the onion, crumbs, butter, salt and pepper. Sprinkle over top of tomatoes. Bake at 400 degrees F. for 30 to 40 minutes, according to thickness.

DRESSING FOR ROAST VEAL

$2\frac{1}{2}$ cups soft bread crumbs.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{2}$ teaspoon poultry dressing.

$\frac{1}{4}$ cup chopped blanched almonds.
2 tablespoons chopped sweet
pickle.
3 tablespoons soft butter.

Combine all ingredients blending the butter in with a fork. Pack into cavities in veal roast.

POTATO STUFFING

2 cups riced potatoes.
 $\frac{1}{4}$ cup chopped onion.
2 tablespoons chopped bacon.
 $\frac{1}{2}$ teaspoon poultry seasoning (I use
sweet marjoram and sage).

$\frac{1}{2}$ teaspoon salt.
1 tablespoon chopped parsley.
 $\frac{3}{8}$ teaspoon pepper.
1 tablespoon butter.

Prepare potatoes. Combine other ingredients and cook together for 5 minutes. Add to the potatoes and pack into fish.

CELERY AND ALMOND STUFFING (For a 10 pound Turkey)

8 cups soft bread crumbs.
 $\frac{1}{2}$ cup soft butter.
 $1\frac{1}{2}$ cups diced celery.
 $\frac{1}{2}$ cup chopped almonds.

1 teaspoon grated onion.
 $1\frac{1}{2}$ teaspoons salt.
 $\frac{1}{4}$ teaspoon pepper.
 $1\frac{1}{2}$ teaspoons poultry seasoning.

Combine all ingredients, blending lightly together. Pile lightly into the turkey.

SAUSAGE FORCEMEAT STUFFING

$\frac{1}{2}$ pound sausage meat.
 $1\frac{1}{2}$ cups dry bread crumbs.
Salt and pepper.
1 teaspoon chopped parsley.

$\frac{1}{4}$ teaspoon sage.
2 teaspoons chopped onion.
2 tablespoons beaten egg.

Brown sausage meat slowly in pan. Do not allow to burn or dry out. Remove from heat, add bread crumbs and other ingredients. Mix well. Pack into birds. Will stuff about 4 squabs or 1 chicken.

APPLE AND SAGE STUFFING

6 cups soft stale bread crumbs.
 $1\frac{1}{2}$ cups diced apple.
 $\frac{1}{2}$ cup diced onion.
3 tablespoons soft butter.

$1\frac{1}{2}$ teaspoons salt.
 $\frac{1}{8}$ teaspoon pepper.
1 teaspoon sage (more if desired).

Combine all ingredients and add to the goose or pork.

RICE STUFFING FOR FISH

$2\frac{1}{2}$ tablespoons butter.
1 small onion, chopped.
2 tablespoons chopped pimiento.
2 tablespoons chopped sweet
pickle.

$\frac{1}{4}$ teaspoon sage.
 $1\frac{1}{2}$ cups cooked rice.
Salt and pepper.

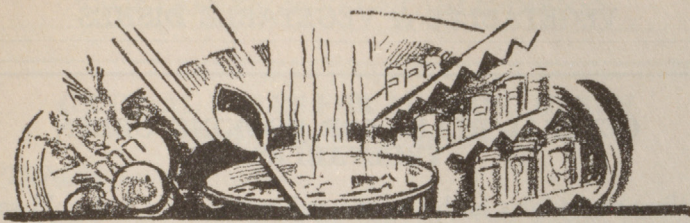
Melt the butter. Add the onion and cook until browned. Add to the other ingredients, blending together thoroughly. Pack into the fish.

OYSTER STUFFING

1 pint oysters.
 $\frac{1}{4}$ cup butter.
3 cups stale bread crumbs.
 $\frac{3}{4}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{2}$ teaspoon grated onion.
 $\frac{1}{4}$ teaspoon celery salt.

Remove oysters from liquor and cut in half. Simmer these in the butter for not more than 2 minutes. Add to the other ingredients. Combine well and stuff into the bird. Enough for a 5-pound chicken.



VEGETABLES & VEGETABLE DISHES

THE importance of the vegetable in the modern diet cannot be over emphasized. The importance also of serving them raw as often as cooked should be stressed even more than it is. Good diet rules call for the serving of one raw vegetable each day as well as two cooked ones. Try to do this if you possibly can.

Steaming and baking vegetables are the best methods as far as the preservation of certain food elements is concerned but boiling is the most generally used method. As a result you should try to always use the water in which your vegetables have been cooked either for soup or sauce or as the liquid in making the accompanying gravy to your roast.

When planning your menus try to have your two vegetables on the dinner menu in contrast, from a color standpoint as well as from an eating standpoint. Do not have two vegetables with sauces on the same menu and if you have one diced vegetable serve the other one either whole or cut in a different way.

Cook vegetables carefully both from the standpoint of health and from the standpoint of eating. Remember that salt added to the vegetable while cooking is more effective and more healthful than salt sprinkled on at the last. The use of soda in the cooking of green vegetables cannot be sufficiently discouraged. Soda has a destructive effect on certain essential vitamins.

GENERAL RULES FOR COOKING GREEN VEGETABLES

Boiling vegetables is the most used method, or, I should say, the most abused method of cooking them. If vegetables are boiled properly and not "cooked to death" as many people do, we should not lose any great amount of mineral ash or vitamin content.

GREEN PEAS are shelled and covered with boiling water. Bring quickly to the boil. Add salt. Boil uncovered 10 to 15 minutes. Drain. Add pepper and butter and shake so that butter covers all the peas. Two or three fresh mint leaves may be boiled with the peas.

GREEN BEANS OR BUTTER BEANS are nipped at each end, then cut into desired shapes. I prefer to cut the beans lengthwise in half, then into two or three pieces or into ½-inch pieces rather than breaking them. Cover with boiling water. Bring to boil. Add salt. Boil uncovered for 20 minutes. Drain. Add pepper and butter and shake so that butter melts over beans.

ASPARAGUS and **BROCCOLI** come in for slightly different treatment. There are regular asparagus pots which can be purchased; but if the budget does not allow for this, use the top part of the double boiler, and allow the asparagus or broccoli to stand upright in the boiling salted water to cook. Leave uncovered, of course, and allow 20 minutes.

TO PREPARE ASPARAGUS, cut off the woody ends—I usually snap it off, it will naturally break where the woody part starts. No one will eat this woody part, and you can cook it later in the asparagus water drained from the asparagus, then use the water next day as part of the liquid for delicious asparagus cream soup.

TO PREPARE BROCCOLI, trim off the large leaves, cut off about 1 inch of the stem, turn flower end down in cold salted water and leave to stand for 1 hour.

Both of these are delicious served just with butter, but are simply scrumptious served with Hollandaise sauce.

SPINACH—There is no excuse for sand in spinach! Wash it in the sink, not a container, all the sand goes down the drain instead of settling to the bottom of the pot. Shake the spinach as free as possible of water, trim off the roots and press into a large kettle. Add no water. Sprinkle with salt.

**GENERAL RULES FOR COOKING GREEN
VEGETABLES (continued)****SPINACH (continued)—**

Cover and place over medium heat to create steam. Remove cover and allow to cook uncovered for 15 to 20 minutes. Drain, chop, add butter and pepper. Serve sprinkled with grated cheese or hard-cooked eggs. A little lemon juice or vinegar improves the flavor.

CABBAGE has a most delightful green color, but somehow in many cases when it is cooked, it looks quite anaemic, even acquiring a beige look sometimes. Prepare cabbage by shredding or cutting it into fine shreds. Cover with boiling water. Add salt and cook uncovered for not more than 7 minutes. Drain, add pepper and butter. Serve at once, and if you have never served it before this way, you will again!

- (1) Vegetables are cooked uncovered because it allows the oxygen from the air to circulate through the water and keep them green without adding coloring or baking soda. Baking soda destroys certain vitamins when cooked with vegetables, so we do not use it.
- (2) Add 1 teaspoon of salt to each pint of water, and then it is not necessary to add salt when they are eaten. Guard against the use of raw salt to any great extent on the table.
- (3) Some people add sugar to all vegetables. Add it occasionally to carrots, turnips and old potatoes (to overcome the earthy taste). Corn syrup is now being used considerably and is also very good.

BOILED POTATOES

Peel potatoes of uniform size. Wash well and cover with boiling water. Add 1 teaspoon salt to each pint of water. Cover and boil for 20 to 30 minutes. New potatoes take a little longer. Drain well and cover partially before placing back on the stove to dry out over a quick heat. After driving off steam, set in a warm place with a tea towel thrown over the top under the lid. Serve sprinkled with chopped parsley or paprika.

RICED POTATOES

Press hot boiled potatoes through potato ricer. Pile lightly in serving dish.

CREAMY MASHED POTATOES

Boil potatoes as directed. Mash potatoes well and add 1 tablespoon milk for every 3 large potatoes. Add as much butter as the budget will allow, and season with salt and pepper. Beat well, using electric mixer if you have one. Pile lightly, do not pack, into a hot dish. Sprinkle with paprika.

BAKED POTATOES

Choose large potatoes of uniform size, scrub well and brush or rub with melted butter or shortening. Place on rack of oven and bake for 55 to 65 minutes at 450 degrees F. Cut an inch-and-a-half cross on each potato when removed from the oven and press sides of potato to force cross open. Insert a small piece of butter and sprinkle with paprika. If the skin seems hard or you find the potatoes are slow cooking you may cover them for part time with a lid.

POTATOES AU GRATIN

Combine 4 cups of cold, baked or boiled potatoes, diced, and 3 cups of thin Cream Sauce. Pile into buttered casserole and cover with buttered crumbs. Bake in moderate oven at 350 degrees F. for about 20 minutes. Sprinkle grated cheese over top before placing in oven, if desired. Serves 8.

SCOTCH BAKED POTATOES

6 medium size raw potatoes.
1 egg, beaten.
Milk to cover (1½ to 2 cups).

1½ tablespoons butter.
½ cup grated cheese.

Slice potatoes. Arrange in casserole. Sprinkle well with salt and pepper. Dot with butter. Pour on the combined milk and egg. Sprinkle with cheese. Bake 40 to 45 minutes at 375 degrees F., covered for first 20 minutes. Serves 4 to 6.

POTATOES GEORGIA

5 or 6 cold boiled potatoes.
2 tablespoons butter.
1 tablespoon flour.
1 teaspoon salt.
¼ teaspoon pepper.

1 egg yolk.
1½ cups milk.
2 pimientos, chopped.
¼ cup grated cheese.
Bread crumbs.

Chop the potatoes very finely and arrange in a casserole. Make a cream sauce of the butter, flour, seasonings and milk, add the egg yolk and the grated cheese. Pour this sauce over the potatoes and allow to run down through the potatoes. Cover with a layer of buttered bread crumbs and bake at 425 degrees F. for 15 minutes. Serves 6.

POTATOES HONGROISE

3 cups diced potatoes.
 $\frac{1}{4}$ cup butter.
2 tablespoons flour.

Salt and pepper.
1 cup milk.
1 egg yolk.

Melt butter, add potatoes and salt and pepper. Cover and simmer until potatoes are tender, stirring often. Remove cover, push potatoes to one side of pan, blend flour into fat, add milk gradually, and when thick add egg yolk. Stir through the potatoes. Serve at once sprinkled with chopped parsley. Serves 4 to 6.

O'BRIEN POTATOES

5 cups cubed raw potatoes.
 $\frac{1}{2}$ cup butter.
Salt, pepper, paprika.

1 medium size onion, diced.
 $\frac{1}{4}$ cup chopped pimiento.

Place potatoes in pan with butter. Sprinkle well with salt, pepper and paprika. Cover and allow to simmer slowly, stirring occasionally. When almost cooked add the finely chopped onion and cook 5 minutes longer. Uncover, add the pimiento and increase heat so ingredients will all brown. Serve hot. These potatoes are delicious with steaks. Serves 4 to 6.

BROWNEED POTATO FOLD

• 6 potatoes.
1 onion.
3 tablespoons butter or bacon fat.

$\frac{3}{4}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Pare and grate the potatoes on a medium grater or shredder, prepare onion in similar fashion, place fat in pan, add potatoes and onion and mix well together, sprinkling on the salt and pepper, pack well into pan, place over medium heat, covered. Cook covered for 10 minutes, remove cover, increase heat slightly to brown on the bottom. When done, fold over as an omelet and serve, garnished with parsley. Serves 6.

HASHED BROWN POTATOES

6 large potatoes.
3 tablespoons butter.

$\frac{1}{4}$ cup milk.
Salt and pepper.

Cook potatoes until done in boiling salted water. Chop finely (do not mash). Cool slightly. Melt butter in large frying pan. Mix milk with potatoes and seasonings. Turn into frying pan and pack well around the edges, leaving a smooth surface. Place pan on low flame so that the potatoes heat through and a crust gradually forms on the bottom. Increase heat to brown. Fold as an omelet and turn on to hot platter. Allow 25 to 30 minutes for best results. Serves 4 to 6.

BAKED STUFFED POTATOES

6 large potatoes.
1½ cups minced cooked meat.
2 tablespoons chopped green
pepper.
2 tablespoons chopped onion.
1 tablespoon fat.

1 tablespoon flour.
Seasonings.
¾ cup water (or gravy).
2 tablespoons chili sauce.
½ teaspoon baking powder.

Wash and scrub potatoes. Bake at 450 degrees F. until soft (about 1 hour). Cover during the last 20 minutes of cooking to soften skins. Meanwhile combine meat, green pepper and onion with the butter and flour blended together in the frying pan. Sauté for 2 minutes. Add chili sauce, seasonings and water. Cook 2 minutes longer. Remove from fire. When potatoes are done, cut a circle from broad side of potato. Scoop out potato into bowl and mash with a fork. Add extra butter, milk, salt and pepper, beat until creamy. Add baking powder. Pile on top of meat mixture, which has been placed in potato shells. Leave potato surface rough. Brush with melted butter or sprinkle with grated cheese. Place in oven at 400 degrees F. until heated through and browned, about 20 minutes. Serves 6.

NOTE—These may be prepared in the morning and placed in the oven to reheat after being kept in the refrigerator till dinner time. Broiled bacon or tomato sauce may be used as an addition.

FRENCH BAKED POTATOES

6 potatoes.
2 tablespoons melted bacon fat.
2 teaspoons lemon juice.
½ teaspoon prepared mustard.

¾ teaspoon salt.
⅛ teaspoon pepper.
Chopped parsley.

Pare potatoes, cut in fingers lengthwise, soak in cold water for an hour at least. Turn into casserole, add fat, mustard, lemon juice, pepper and salt, mix all well together and bake at 400 degrees F., stirring frequently until tender, about 35 minutes. Sprinkle with paprika if they are slow in browning and serve sprinkled with parsley. Serves 6.

SMITHEREENS

4 large potatoes.
⅔ cup flour.

Salt and pepper.

Peel potatoes and boil until soft in boiling salted water. Mash thoroughly and when nearly cold add the flour, blending it in with seasonings. Form into a roll and chill thoroughly. Cut in slices, dip in flour and fry until brown in hot fat. Serve as a garnish around the meat platter with parsley. Serves 4 to 6.

CREAMED POTATOES WITH ONION

6 medium size potatoes.
2 medium size onions.
1½ cups medium cream sauce.

¼ cup chopped pimiento.
Buttered cracker crumbs.

Peel potatoes and onions and cut into thin slices. Parboil in salted water for 10 minutes. Place alternate layers of the vegetables, pimiento and cream sauce in a buttered casserole. Cover with buttered cracker crumbs. Bake in a hot oven, 400 degrees F., for 20 minutes. Serves 6.

HUNGARIAN POTATOES

10 medium size potatoes, peeled
and thinly sliced.
3 tablespoons butter.
1 cup sliced raw tomatoes.

¾ cup sliced raw onions.
1 teaspoon paprika.
1 cup meat stock.

Simmer butter and onion together. Do not brown. Add potatoes and tomatoes. Season with salt, pepper and paprika. Add the stock. Cook gently until potatoes are tender (35 to 45 minutes). Serve sprinkled with parsley. Serves 6 to 8.

CORNFLAKE POTATO BALLS

10 medium size potatoes.
2 tablespoons butter.
½ cup milk.

Salt and pepper.
Cornflakes.

Boil potatoes and mash. Beat in butter, milk and seasonings. Form potatoes into balls and roll in the cornflakes. Bake in a hot oven, 450 degrees F., for about 10 minutes. Makes 10 balls.

POTATO AND CHEESE MOUNDS

4 medium size potatoes.
¾ cup grated cheese.
Salt and pepper.

Paprika.
Milk.

Peel and grate the potatoes. Pack alternate layers of grated raw potato and cheese into well-greased custard cups, sprinkling lightly with salt and pepper. Pour on hot milk and let it just be seen through the cracks. Sprinkle with paprika and place in oven at 400 degrees F. for 45 minutes. Turn out on a platter around the meat and garnish each mound with a sprig of parsley. Place the cups on a baking sheet for easy handling in and out of the oven. Serves 6.

POTATO CHEESE CUSTARD

2 cups cooked mashed potatoes.
½ cup grated cheese.
2 eggs, well beaten.
1 teaspoon salt.

¼ teaspoon pepper.
1 tablespoon chopped parsley.
1 cup warm milk.
2 tablespoons melted butter.

Prepare potatoes, add the remaining ingredients to beaten egg, combine with potatoes, turn into buttered casserole and oven-poach at 375 degrees F. for 25 minutes. Serves 6.

COLD MEAT POTATOES

8 medium size potatoes, cooked.
1½ cups medium cream sauce.

2 bunches spring onions, cooked.
1 hard-cooked egg, chopped.

Dice potatoes. Arrange in casserole in alternate layers with the sauce to which the onions and egg have been added. Cover with cheese crumbs and brown in hot oven. Serves 6.

POTATO PUFF

6 potatoes.
3 tablespoons butter.
1 egg, well beaten.

½ cup milk (approximately).
½ teaspoon baking powder.
Salt and pepper.

Boil potatoes. Mash and add butter. Add egg and beat in well. Add milk to make quite a soft mixture as it will stiffen during cooking. Now add baking powder, salt and pepper. Pile into buttered casserole. Bake in hot oven for 15 minutes or until the potato peaks are delicately brown. Serves 6.

TO BOIL SWEET POTATOES

Scrub the potatoes. Cut out bruised portions. Cover with boiling water. Add 2 teaspoons salt for each quart water. Cover and cook until they can be pierced with a fork. Drain and remove skins. Prepare in any of the following ways.

SCALLOP OF SWEET POTATOES, APPLES AND BACON

1 cup sliced sour apples.
1½ cups sliced boiled sweet potatoes.

6 strips side bacon, chopped.
¼ cup brown sugar.
½ teaspoon salt.

Arrange ½ of the potatoes in buttered casserole. Cover with ½ of the apples then ½ of the bacon. Sprinkle with ½ of the sugar. Repeat all ingredients until dish is full. Cover and bake in a moderate oven, 375 degrees F., for ½ hour. Uncover and bake until apples are soft and the top is browned. If the mixture appears dry—due to lack of juice in the apples—add ½ tablespoon water. Serves 6.

CANDIED SWEET POTATOES WITH PECANS

4 large sweet potatoes.
¼ cup butter.
½ cup brown sugar.

¼ cup hot water.
8 pecan halves.

Cut the cooked sweet potatoes in halves lengthwise and place cut side down in a greased shallow baking dish. Heat the butter, brown sugar and water to make a thin syrup. Pour over the potatoes. Place a ½ pecan on each potato or cover with chopped pecans as desired. Bake uncovered at 375 degrees F. for about 30 minutes or until syrup is nearly all absorbed. Baste the potatoes every 10 minutes with the syrup. These are delicious served with baked ham. Serves 6.

MAPLE SWEET POTATOES

6 sweet potatoes.
 $\frac{1}{2}$ cup maple syrup.

2 tablespoons butter.

Parboil the potatoes. Peel. Cut in half lengthwise and place in a shallow pan. Pour on the maple syrup and dot with butter. Bake at 400 degrees F., basting constantly with the syrup for 20 minutes. Delicious served with baked ham. Serves 6.

MASHED SWEET POTATOES

Allow 1 medium potato per person. Boil as directed. Mash with a heavy wire masher. Add 1 tablespoon of milk and $\frac{1}{2}$ tablespoon of butter for each potato. Add salt and pepper to taste. Beat until the mixture is smooth and fluffy. Reheat. Pile into hot serving dish.

FRENCH ARTICHOKEs

Cut off the stalks close to the leaves and remove the hard outer leaves. Cut off about an inch across the top and remove the prickly tips of the petals. Wash and soak for $\frac{1}{2}$ hour in salted water. Cover with boiling water and add salt and lemon juice (1 teaspoon of each to each quart of water). Cook until tender, about 35 to 40 minutes. Drain and lay slightly open to remove the choke from the centre. Serve with melted butter or Hollandaise sauce or with French Dressing if served cold. These are eaten by pulling the leaves out one at a time and dipped in the sauce. After all the petals are removed the choice part at the base is then enjoyed. It is eaten with a fork. This base is used for salads but not the leaves.

JERUSALEM ARTICHOKEs

Prepare the vegetable by peeling and dropping immediately into acidulated water (1 tablespoon vinegar to 1 quart water). To cook, cover with boiling water. Add salt. Cook until tender, about 30 minutes. Drain. Serve with cream sauce.

BRUSSELS SPROUTS

Prepare sprouts. Cover with cold water and add teaspoon salt. Leave to stand 2 hours. Drain. Plunge into large amount of boiling salted water. Cook for 15 to 20 minutes according to size of sprouts. Drain. Sprinkle with salt, pepper and butter. Allow to melt over the vegetable. Serve hot.

SALSIFY

Wash and peel, cut into 1-inch slices. Plunge into boiling salted water to cover. Cook for 25 minutes. Drain. Serve chopped with salt, pepper and plenty of butter, or serve in large pieces with cream sauce.

LEEKs

Peel and cut down the green stalk slightly. Cut in 1½-inch lengths. Cook in boiling salted water, uncovered, for 25 minutes. Serve with cream sauce—sprinkled with cheese, if you like.

ENGLISH BROAD BEANS OR FRESH LIMA BEANS

Split the tough shells to remove beans. Cook, uncovered, in boiling salted water for 20 minutes. Serve with melted butter.

SWISS CHARD

Cook the tops as you would spinach and serve with butter. The bottom is cooked the same as celery and served with cream sauce.

STEAMED WILD RICE

Allow 3 to 4 times as much water as rice. Sprinkle the rice into rapidly boiling water (1 teaspoon salt to 1 quart water) in the top of the double boiler. Set over boiling water and cook until the rice is tender, (stirring with a fork) and the water is absorbed, for about 45 minutes. Using this method for cooking the rice you retain the pleasant smoky taste that makes this such a delicious accompaniment for duck or wild fowl.

GLAZED TURNIP

Peel and cut turnip into thin slices of not more than a ¼-inch thickness. Parboil these in boiling salted water for 5 minutes, no more. Now place in a shallow pan and cover with a syrup of

1 cup brown sugar.
½ cup water.

1½ tablespoons butter.

This amount will do for about 12 slices of turnip (medium size). Place in a moderate oven, 350 degrees F. Bake until tender, basting constantly. If you are at any time glazing a roast of pork or ham with a syrup, place the turnip around the meat and you obtain something even more delicious than ever. The pork fat gives a delicious zest.

RUTABAGA

These resemble a small turnip, but have small appendages on the side which determine their difference. The flavor is similar, but milder than the turnip. Cut in cubes and boil in salted water for about 35 minutes. Serve with cream or Hollandaise sauce.

TURNIP MACEDOINE

2 cups diced turnip.
1 cup diced celery.

1 cup green beans.
2 tablespoons butter.

Cook all the vegetables and combine together with the butter. Season with salt and pepper. Serves 6.

SAUTÉD TURNIP

4 cups grated turnip.
 $\frac{1}{4}$ cup butter.

Salt and pepper.

Peel and grate the turnip. Place in a shallow pan in which the butter has been melted. Add salt and pepper. Cover and place over a slow heat. Stir and cook together for about 20 minutes. Serve hot. No water is added. Serves 6.

NOTE—Turnips are often cooked in 2 waters to prevent them from having a strong taste.

WHITE TURNIP AND ONION AU GRATIN

2 cups diced white turnip.
2 cups sliced onions.

$\frac{1}{4}$ cup diced pimiento (optional).
 $1\frac{1}{2}$ cups cheese sauce.

Cook turnip and onion in boiling salted water for about 20 minutes. Add to the cheese sauce with the pimiento. Serve hot in entrée dish or if you wish to use it as a casserole, cover with buttered crumbs and brown crumbs before serving. Serves 6.

DICED TURNIP IN MOCK HOLLANDAISE

3 cups diced white turnip.
4 tablespoons butter.
2 tablespoons flour.
1 cup milk.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
2 egg yolks.
2 tablespoons lemon juice.

Cook the turnips until tender. Meanwhile, melt 2 tablespoons of the butter, blend in flour, then milk and seasonings. Cook until thick. Beat egg yolks slightly and add about a tablespoon of sauce. Add this to the rest of the sauce along with the remaining butter and the lemon juice. Heat thoroughly over low heat, but do not boil. Serve over the cooked turnips. Serves 6.

CAULIFLOWER

Remove all the green from around the head. Leave whole or separate into flowerlets, as desired. Soak in cold salted water for at least 1 hour. Boil uncovered in a large quantity of boiling salted water for 20 to 30 minutes. Overcooked cauliflower turns pink and is strong in flavor. A crust of bread on the top of the cauliflower during the cooking absorbs much of the odor. Cauliflower, strangely, gives off more odor when cooked closely covered than when uncovered.

CREAMED CAULIFLOWER

- (1) Reheat flowerlets in cream sauce. Use 2 cups medium cream for 1 large cauliflower.
- (2) Place whole cooked cauliflower in serving dish. Cover with cream sauce and sprinkle with paprika or grated yellow cheese.

CAULIFLOWER DUCHESSE

1 medium size cauliflower.
3 tablespoons butter.
1 teaspoon flour.
2 tablespoons water.
3 tablespoons vinegar.

$\frac{1}{4}$ teaspoon salt.
2 tablespoons chopped green pepper.
2 tablespoons chopped pimiento.

Cook cauliflower. Melt butter, add flour, salt, water and vinegar. Heat to boiling. Add pepper and pimiento. Pour over cauliflower. Serves 6.

CAULIFLOWER WITH GREEN PEA SAUCE

Cook cauliflower until tender. Turn into warm dish. Pour on the following sauce.

2 tablespoons butter.
2 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{3}{8}$ teaspoon pepper.

Paprika.
1 cup liquid from peas and milk.
1 cup green peas.
2 tablespoons chopped pimiento.

Melt butter, blend in flour and seasonings. Add liquid and cook and stir until smooth. Add peas and pimiento. Reheat to boiling. Serves 6.

CAULIFLOWER AND OLIVES AU GRATIN

1 large cauliflower, cooked.
 $\frac{1}{3}$ cup stuffed olives, sliced.
 $\frac{1}{2}$ cup grated cheese.

1 cup cream sauce.
1 cup buttered crumbs.

Arrange cauliflower in a casserole. Sprinkle with the olives, then the grated cheese. Pour on the cream sauce and cover with the buttered crumbs. Put into hot oven at 400 degrees F. until crumbs are browned. Serves 4 to 6.

CAULIFLOWER HOLLANDAISE

Place cooked flowerlets or whole cooked cauliflower in a serving dish. Pour Hollandaise sauce or mock Hollandaise over the head.

CAULIFLOWER WITH MUSHROOMS

1 medium size cauliflower.
6 mushrooms.
6 squares buttered toast.

1½ cups cream sauce.
1 cup grated cheese.

Divide the cauliflower into 6 large flowerlets and cook until tender. Sauté the mushrooms in butter. Place the cooked flowerlets of cauliflower on toast. Pour on the cream sauce and sprinkle with the grated cheese. Top each piece with a mushroom. Place in oven for a few minutes to melt the cheese. This may be used as a vegetable or is delicious as a luncheon dish. Serves 6.

FRENCH FRIED CELERY HEARTS

3 tablespoons flour.
1 egg, slightly beaten.
¾ cup milk.

⅛ teaspoon salt.
Dry bread crumbs.
3 celery hearts.

Blend flour and egg and add the milk and salt, beating well to keep it smooth. Wash celery hearts and cut into quarters. Cook celery in boiling water for 10 minutes. Drain well on paper towels. Dip celery hearts into the batter and then into bread crumbs. Fry in deep fat at 370 degrees F. for from 3 to 6 minutes or until golden brown. Drain on absorbent paper before serving. Serves 6.

CELERY AND ONION AU GRATIN

3 cups sliced onions.
2 cups diced celery.

1½ cups cream sauce.
¾ cup grated cheese.

Combine onions and celery and cook in boiling salted water for 20 minutes. Drain and turn into casserole. Cover with cream sauce, and sprinkle with grated cheese. Brown at 400 degrees F. Serves 6.

BRAISED CELERY

2 cups celery, in 1-inch pieces.
¼ cup diced onion.
3 tablespoons butter.

1 tablespoon flour.
1 meat extract cube.
½ cup boiling water.

Place celery, onion and butter in a frying pan or shallow saucepan. Cook over low heat for 5 minutes, stirring often. Cover and cook 5 minutes longer. Add the flour and the meat extract cube dissolved in the water. Season to taste and serve hot. Serves 4.

CELERY

Add the tops of the celery stalks diced finely to any creamed dish to give a crispness and flavor that is really very fine.

SCALLOPED ONIONS OR POTATOES

6 medium size onions OR
potatoes.
1½ tablespoons flour.
1½ tablespoons butter.

¾ teaspoon salt.
⅛ teaspoon pepper.
1½ cups milk.

Peel and slice onions and arrange in alternate layers in a casserole with the flour, dots of the butter, salt and pepper. Cover with the milk and bake at 375 degrees F. for 35 minutes. Serves 6.

GLAZED ONIONS

8 medium size onions.
1 cup brown sugar.

¼ cup hot water.
1 tablespoon butter.

Cook onions in boiling salted water for 20 minutes. Drain. Combine sugar, water and butter. Cook for 5 minutes. Pour over onions in baking dish. Bake at 350 degrees F. for 40 minutes, basting regularly. Serves 8.

SCALLOPED ONIONS IN TOMATO

6 large onions, sliced.
3 tablespoons butter.
½ teaspoon salt.

⅛ teaspoon pepper.
2 tablespoons butter.
1½ cups tomato juice.

Arrange half of onions in casserole, sprinkle with half of the flour, the salt and pepper. Dot with butter. Finish all ingredients in a second layer. Pour on the tomato juice. Bake at 400 degrees F. for 35 to 40 minutes. Serves 6.

ONIONS STUFFED WITH BAKED BEANS

6 large onions.
1¼ cups canned baked beans.
¼ teaspoon Worcestershire sauce.

Salt and pepper.
¼ cup dry bread crumbs.
½ cup cheese crumbs.

Parboil onions in boiling salted water for 20 minutes. Remove centres and chop well. Combine with beans, Worcestershire sauce and seasoning. Pile into onions. Cover with cheese crumbs. Bake in buttered pan at 375 degrees F. for 15 minutes. Served with sausage these prove quite an attractive luncheon dish. Serves 6.

UNUSUAL CABBAGE

5 tablespoons butter.
6 cups finely shredded cabbage.
½ cup rich milk.

1 tablespoon sugar.
¼ teaspoon mustard.
1 teaspoon salt.

Melt butter, add cabbage, and cook together slowly for 10 to 15 minutes. Combine milk and remaining ingredients. Add to cabbage. Reheat and cook 2 minutes. Serve hot at once. Serves 6.

CABBAGE DE LUXE

1 medium size cabbage.
2 teaspoons sugar.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup light cream.

$\frac{1}{4}$ cup chopped pimiento.
2 tablespoons butter.
 $\frac{1}{2}$ teaspoon celery seed.

Shred cabbage and cook in regular way. Drain well and add the other ingredients. Simmer for 2 or 3 minutes. Serve hot to 6 people.

CHEESE AND CABBAGE ROLLS

$1\frac{1}{2}$ cups boiled rice.
 $\frac{3}{4}$ cup grated cheese.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.
 $\frac{1}{4}$ teaspoon salt.

6 large cabbage leaves.
 $\frac{1}{2}$ cup tomato juice.
1 tablespoon butter.

Combine the rice, cheese and seasonings. Place the cabbage leaves in boiling water and cook for 5 minutes. Remove from water and dry slightly. Divide the rice mixture over the leaves and roll up like a jelly roll. Place in a greased casserole and pour on the seasoned tomato juice. Dot with the butter and cover. Bake at 325 degrees F. for about $\frac{1}{2}$ hour or until tender. Serves 6.

STUFFED CABBAGE LEAVES

6 large cabbage leaves.
1 cup minced cooked meat.
1 cup cooked rice.
1 tablespoon minced onion.
 $\frac{1}{2}$ tablespoon catsup.

1 egg.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon Worcestershire sauce.
 $\frac{3}{4}$ cup seasoned tomato juice.

Peel cabbage leaves off the outside of a fairly large head of cabbage. Put on to boil in salted water. Cook 10 minutes. Drain and place a mound of the other ingredients except tomato juice, mixed together, on the cabbage leaf. Roll up and hold together with a toothpick. Place in casserole and pour on the tomato juice and dot with butter. Cook for 30 minutes at 325 degrees F. Serve hot on platter with tomato sauce around rolls and garnish with parsley. Serves 6.

STRING BEANS, ITALIAN STYLE

1 pound green or yellow beans.
1 green pepper, chopped.

2 medium size onions, chopped.

Nip the ends from the beans and cut into narrow strips. Add the green pepper and onion and cover with boiling water. Add salt. Boil for 20 minutes, uncovered. Drain and add:

3 tablespoons grated cheese.
 $\frac{1}{2}$ teaspoon paprika.

$\frac{1}{4}$ cup rich milk or cream.
Extra salt if necessary.

Heat a moment or two and serve. Serves 6.

STRING BEANS (My Own Style)

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| 1 No. 2 can green string beans. | 1 teaspoon sugar. |
| 2 tablespoons butter. | $\frac{1}{3}$ teaspoon salt. |
| 1 tablespoon lemon juice. | $\frac{1}{8}$ teaspoon white pepper. |

Drain beans and rinse off with warm water. Add the other ingredients and simmer for about 10 minutes over low heat. Serves 4 to 6.

SAVORY BUTTER BEANS

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| 4 cups cooked butter beans. | 1 tablespoon chopped parsley. |
| 2 tablespoons butter. | 1 teaspoon lemon juice. |
| 1 tablespoon chopped onion. | $\frac{1}{8}$ teaspoon poultry seasoning. |
| 1 tablespoon flour. | $\frac{1}{4}$ teaspoon paprika. |
| $\frac{1}{4}$ cup cream. | Salt and pepper. |

Cook beans and drain well. Melt butter, add the onion and fry a delicate brown. Add flour, cream, parsley and seasoning. Add beans and reheat. Serve hot. Serves 6.

BEANS IN TOMATO

- | | |
|-----------------------------------|--|
| 4 cups green beans. | $\frac{1}{8}$ teaspoon pepper. |
| 3 tablespoons butter. | 1 cup tomato juice. |
| $1\frac{1}{2}$ tablespoons flour. | $\frac{1}{2}$ teaspoon Worcestershire sauce. |
| $\frac{1}{2}$ teaspoon salt. | |

Cook beans, leaving them whole. Melt butter, blend in flour and seasonings. Add tomato juice and cook until thick. Pour over beans, reheat and serve hot. Serves 6.

GREEN BEANS AU GRATIN

- | | |
|-----------------------------------|----------------------------------|
| 1 pound green beans. | $\frac{1}{4}$ teaspoon pepper. |
| 2 tablespoons butter. | 1 cup milk. |
| $1\frac{1}{2}$ tablespoons flour. | $\frac{3}{4}$ cup grated cheese. |
| $\frac{1}{2}$ teaspoon salt. | |

Cook beans whole in boiling salted water for 20 minutes. Drain and arrange in casserole. Cover with cream sauce made from butter, flour, seasonings and milk. Sprinkle on grated cheese. Sprinkle with paprika and brown under broiler. Serves 4 to 6.

GREEN BEAN AND EGG CASSEROLE

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|--|------------------------------------|
| 2 cups medium cream sauce. | 6 hard-cooked eggs. |
| $1\frac{1}{2}$ teaspoons salt. | 2 cups cooked green beans. |
| 1 cup grated cheese. | $\frac{3}{4}$ cup buttered crumbs. |
| $1\frac{1}{2}$ cups sautéed mushrooms. | |

Combine all ingredients except crumbs. Pour into buttered casserole and cover with crumbs. Reheat and brown at 375 degrees F. for about 20 minutes. Serves 6.

LIMA BEANS AND VEGETABLE CASSEROLE

1 can baby lima beans (2 cups).
1 cup whole kernel corn.
 $\frac{1}{2}$ cup diced celery.

2 tablespoons chopped
pimiento.
1 can asparagus soup.

Arrange all ingredients alternately in a buttered casserole, having the soup on top. Cover with buttered crumbs. Brown in hot oven at 425 degrees F. until brown. Serves 4 to 6. Crisp broiled bacon is delicious served with this.

SAVORY LIMA BEANS

1 cup lima beans.
3 slices side bacon.
1 medium size onion, chopped.

1 can vegetable beef soup.
 $\frac{1}{4}$ teaspoon salt.
Few grains white pepper.

Soak lima beans in cold water for 24 hours. Simmer in salted water until tender, about 30 to 40 minutes. Meantime chop the bacon and cook it together with chopped onion. Add the soup, simmer for a few minutes, and pour over the lima beans. Cook together slowly for 5 minutes and serve as a vegetable. If, however, you wish to serve this as a main luncheon dish, sprinkle it with buttered crumbs, and brown in the oven.

SAVORY TOMATO AND BEANS

$1\frac{1}{2}$ cups navy beans.
2 cups canned tomatoes.
 $\frac{3}{4}$ cup consommé or meat stock.

1 onion, chopped.
1 small green pepper, chopped.
2 tablespoons butter.
 $1\frac{1}{2}$ to 2 teaspoons salt.

Soak beans for 24 hours; drain and boil until practically soft. Combine with all the other ingredients and place in a covered casserole. Bake at 300 degrees F. for about $1\frac{1}{2}$ hours. This may be served with broiled bacon as a main course.

SAUTÉD BEETS OR CARROTS

6 large carrots OR beets.
 $\frac{1}{4}$ cup butter.

2 tablespoons water.
1 teaspoon salt.

Wash vegetables, do not peel, but scrub well. Grate on medium grater. Place butter in frying pan, add grated vegetables, salt and water. Cover closely. Place over medium heat and cook for 20 minutes, stirring occasionally.

BAKED BEETS

3 cups sliced parboiled beets.
3 tablespoons butter.
2 tablespoons sugar.

2 tablespoons lemon juice.
 $\frac{1}{2}$ cup raisins.
 $\frac{1}{2}$ teaspoon salt.

Scrub beets and boil about an hour. Drain, dip in cold water and remove skins. Cut in slices. Arrange in casserole, dotting each layer with some butter, raisins, sugar, lemon juice and salt. Cover and bake 30 minutes at 375 degrees F.

HARVARD BEETS

6 medium size beets, cooked.
 $\frac{1}{4}$ cup granulated sugar.
1 teaspoon cornstarch.

$\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ cup vinegar (diluted slightly).
1 tablespoon butter.

Dice beets. Combine sugar, cornstarch, salt and vinegar. Boil together 5 minutes. Add beets and reheat. Add butter just before serving.

BEETS, RUSSIAN STYLE

8 medium size cooked beets.
2 tablespoons butter.
1 tablespoon flour.
 $\frac{1}{3}$ cup cider vinegar.

$\frac{1}{2}$ cup water.
1 teaspoon salt.
 $\frac{1}{2}$ cup sour cream.

Mince or finely chop the beets. Melt butter, blend in flour, then add vinegar, water and salt. Cook until thick. Add beets. Simmer for 10 minutes. Add cream. Reheat. Serves 6 to 8.

NOTE—If cream is very sour, use only $\frac{1}{4}$ cup vinegar.

BAKED ASPARAGUS WITH CHEESE

Drain a can of asparagus tips and arrange on a shallow dish. Sprinkle with salt and pepper, dot with butter and cover completely with grated mild cheese. Place in oven at 400 degrees F. and bake until cheese is melted and slightly browned. Serve hot.

GREEN PEAS WITH BACON

1 can green peas or
2 cups freshly cooked peas.
4 slices side bacon, chopped.
2 tablespoons chopped onion.

$1\frac{1}{2}$ tablespoons flour.
 $\frac{3}{4}$ cup milk.
Salt and pepper.

Drain peas. Sauté bacon in frying pan with the onion until the bacon is crisp and the onion is yellow. Now add the flour and blend until smooth. Add the milk and season with salt and pepper. Bring to a boil to thicken mixture and then add the peas. Reheat and serve either as a vegetable or on toast as a main course at luncheon. Serves 6.

PARSNIPS WITH TOMATO SAUCE

4 large parsnips.
 $1\frac{1}{2}$ cups tomato juice.
 $\frac{1}{2}$ cup diced celery.
1 bay leaf.

$\frac{1}{2}$ onion, sliced.
2 whole cloves.
1 teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

Wash, peel and dice the parsnips. Par-cook in boiling salted water for 15 minutes. Drain. Combine other ingredients, simmer covered for 15 minutes. Strain. Add parsnips and simmer uncovered for 10 minutes. Serve hot to 6 people.

FRENCH FRIED PARSNIPS

Peel parsnips and cut in $1\frac{1}{2}$ -inch fingers. Parboil in boiling salted water for 10 minutes. Drain. Dip each piece in flour, then in beaten egg, then into dry bread crumbs. Fry in deep fat at 370 degrees F., until brown. Serve hot at once.

PARSNIP PATTIES

2 cups mashed parsnip.
1 tablespoon flour.

1 egg or 2 egg yolks.
Seasonings to taste.

Combine all ingredients. Form into six round, flat patties. Dip in flour. Sauté in butter. Serve hot.

GLAZED PARSNIPS

3 medium size parsnips.
2 tablespoons butter.

6 tablespoons brown sugar.
2 teaspoons water.

Cut pared parsnips into lengths or slices. Cook until almost done. Drain. Heat the other 3 ingredients in frying pan over low heat and add parsnips. Turn and stir until parsnips are cooked and slightly browned and glazed. Serves 4 to 6.

SPINACH WITH BACON

2 pounds spinach.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.
2 tablespoons chopped onion.
 $\frac{1}{2}$ cup cooked chopped bacon.

1 tablespoon bacon fat.
2 tablespoons vinegar.
 $\frac{1}{2}$ cup bread crumbs.
2 eggs.

Cook spinach and chop finely. Add all other ingredients to the spinach. Pack into buttered casserole. Cover with buttered crumbs and oven-poach (bake in pan of water) until firm (about 40 minutes), at 375 degrees F. Serves 6.

SPINACH, INDIA STYLE

2 pounds spinach.
1 tablespoon butter or bacon fat.
2 tablespoons flour.

$\frac{1}{2}$ teaspoon curry powder.
1 cup milk.
Salt and pepper.
3 hard-cooked eggs.

Wash spinach very well; cook and drain. Make a cream sauce of butter, flour, milk and seasonings. Arrange the spinach in a serving dish and slice the eggs over the top. Pour the hot sauce over all and serve at once. Serves 6.

SAVORY SPINACH

2 pounds spinach.
1 medium size onion, chopped.

3 strips bacon, chopped.
Salt and pepper.

Wash and cook spinach. Meanwhile, combine bacon and onion and cook together 2 to 3 minutes. Add to cooked spinach and serve at once. Garnish with sliced lemons if desired. Serves 6.

SPINACH AND EGGS AU GRATIN

2 pounds spinach.
4 hard-cooked eggs, sliced.
1 cup diced celery.

1½ cups cheese sauce.
1½ cups buttered crumbs.

Wash and cook spinach. Arrange half of spinach in buttered casserole then a layer of hard-cooked eggs and a layer of celery. Cover with half of sauce and repeat until ingredients are used. Cover with buttered crumbs. Sprinkle with paprika. Place in hot oven at 400 degrees F. until lightly browned. Serves 6.

PARSLEYED CARROTS

Dice cooked carrots. Reheat in melted butter, allowing tablespoon butter for each cup of carrots. Season with salt and pepper and add 1 teaspoon chopped parsley for each cup of carrot cubes.

CARROTS, CONCORDIA

12 medium size carrots.
2 tablespoons butter.
2 teaspoons chopped onion.
2 tablespoons flour.
1 teaspoon sugar.

2 teaspoons lemon juice.
Salt and pepper.
¼ teaspoon mustard.
1 cup water from carrots.

Scrape carrots, cut into fingers and cook in boiling salted water for 20 minutes. Melt butter, add onion. Cook 2 minutes. Add flour, sugar, lemon juice and pepper. Do not add salt until after carrot liquor has been added, then salt to taste. Pour over hot carrots and serve at once, sprinkled with chopped parsley. Serves 6.

CARROTS, INCOGNITO

6 potatoes.
4 carrots.

½ cup hot rich milk.
3 tablespoons butter.

Cook carrots and potatoes in separate containers in boiling salted water until tender. Mash separately, then combine. Add cream or rich milk and butter. Sprinkle with pepper. Beat thoroughly together. Serves 6 to 8.

CARROT AND APPLE CASSEROLE

2 cups thinly sliced carrots.
1 cup sliced raw apples.
1½ tablespoons brown sugar.
1 teaspoon salt.

½ teaspoon grated lemon rind.
1 tablespoon lemon juice.
2 tablespoons butter.

Alternate layers of carrots and apples in casserole. Sprinkle each layer with salt and sugar, over the top put the lemon rind and juice and dot with butter. Bake, covered, in a moderate oven, 375 degrees F., until apples are tender. Serve to 6 people next time you have sausage or roast pork.

CARROT SMASH

3 cups cooked finely chopped
carrots.
1½ tablespoons butter.

1 tablespoon flour.
½ cup rich milk.
Salt and pepper.

Add butter to hot carrots. Stir in flour and seasonings. Add milk and cook until thick. Serves 6.

GLAZED CARROTS

1 dozen whole carrots.
2 tablespoons butter.
½ cup brown sugar.

½ cup water in which carrots
were cooked.

Cook carrots 15 minutes in boiling salted water. Drain. Heat together butter, brown sugar and water. Pour over carrots in shallow pan. Place in oven at 375 degrees F. and keep turning until syrup is absorbed. Serves 6.

HONEYED CARROTS

12 medium size whole carrots.
2 tablespoons butter.

¼ cup honey.
1 tablespoon lemon juice.

Parboil scraped carrots for 15 minutes or until almost tender. Beat together the butter, honey and lemon juice and pour over the carrots arranged in a baking pan. Place in oven at 350 degrees F. and baste frequently with the mixture for 20 minutes. Serves 4 to 6.

CARROTS IN ORANGE BUTTER

4 cups cooked diced carrots.
2 tablespoons butter.

2 tablespoons orange juice.
1 tablespoon sugar.

Combine all ingredients and cook together for 5 to 10 minutes. Serve hot.

LEMON CARROTS

Cut carrots in thin slices. Cook until tender in boiling water. Add 1 tablespoon butter and 1 teaspoon lemon juice for each cup of carrots. Simmer together over medium heat for about 8 minutes.

CORN FRITTERS

1 cup canned cream corn.
1 cup flour.
¾ teaspoon salt.
Dash of pepper.

1½ teaspoons baking powder.
½ tablespoon melted butter.
1 egg.

Sift dry ingredients and add to corn. Add butter and beaten egg. Beat all together and fry in spoonfuls on a hot, well-greased griddle, or drop into hot fat 375 degrees F., or hot enough to brown a cube of bread in 60 seconds. Drain on unglazed paper and serve at once. Makes 9 fritters. Serves 4 to 6.

CORN SAUTÉ

3 cups uncooked corn cut from
the cob.
 $\frac{1}{2}$ cup diced green pepper.
 $\frac{1}{4}$ cup diced pimiento.

$\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ teaspoon sugar.
Salt and pepper.

Combine all ingredients in covered saucepan. Simmer over slow heat for 10 minutes. Uncover. Cook 2 minutes longer. Serve hot to 6 people.

CORN AND TOMATO SAUTÉ

$1\frac{1}{2}$ cups sliced tomatoes.
 $\frac{1}{4}$ cup diced onion.
2 tablespoons butter.

Salt and pepper.
2 cups cooked corn cut from
cob.

Add tomatoes and onions to butter in a saucepan. Cover and simmer 5 minutes. Remove cover, add corn. Reheat and serve at once. Serves 6.

CORN AND CELERY AU GRATIN

2 cups cooked corn cut from cob.
1 cup diced raw celery.
2 tablespoons diced green pepper.

1 cup cheese sauce.
 $\frac{1}{4}$ cup blanched browned
almonds, shredded.

Add corn, celery and green peppers to cheese sauce. Heat to boiling and simmer 2 minutes. Add almonds. Turn into buttered casserole and cover with buttered crumbs. Place under broiler to brown crumbs. Serve at once. Serves 6.

CUCUMBERS STUFFED WITH CORN

3 large cucumbers.
2 cups fresh corn cut from cob.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

2 teaspoons sugar.
3 tablespoons butter.
2 teaspoons flour.
1 egg, beaten.

Peel cucumbers, cut in half lengthwise and remove seeds. Cook in boiling water 10 minutes. Cook corn in milk to cover for 10 minutes. Season with salt, pepper and sugar, add butter, flour and egg. Place corn in cucumbers. Cover with cheese crumbs, sprinkle with paprika. Bake at 350 degrees F. for 20 minutes. Serve with tomato sauce. 6 servings.

STEWED CUCUMBERS

3 medium size cucumbers,
($3\frac{1}{2}$ cups, sliced).
 $\frac{1}{2}$ cup 16 per cent. cream.

1 teaspoon lemon juice.
1 tablespoon butter.
Salt and pepper.

Peel cucumbers, cut into $\frac{1}{8}$ -inch slices and soak in cold water for $\frac{1}{2}$ an hour. Drain off water and cook cucumbers in enough boiling salted water to cover, for 20 minutes. Drain. Add butter, cream, salt and pepper. Let boil up once or twice, add lemon juice. Serve hot to 4 people.

FLEMISH STUFFED CUCUMBER

6 medium size cucumbers.
 $\frac{2}{3}$ cup minced cooked meat.
 $\frac{2}{3}$ cup boiled rice.
1 tablespoon minced parsley.
1 tablespoon minced onion.

1 tablespoon minced celery.
1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
1 egg.
1 cup tomato juice.

Peel cucumbers, cut in halves, lengthwise, remove centre. Boil for 10 minutes in 1 quart water to which has been added 1 tablespoon vinegar. Drain. Blend the meat, rice and seasonings with egg and stuff hollows of cucumbers. Place in buttered baking dish, pour in tomato juice, cover and bake for $\frac{1}{2}$ -hour at 350 degrees F. Pour off stock into saucepan, add 1 tablespoon butter blended with 1 tablespoon flour and cook until thickened. Serve the sauce with the cucumbers. Serves 6.

GREEN PEPPERS WITH RICE AND CHEESE

4 sweet green peppers.
2 cups cooked rice.
2 tablespoons flour.
 $\frac{1}{4}$ teaspoon dry mustard.

1 egg, lightly beaten.
 $\frac{1}{2}$ cup grated cheese.
 $\frac{1}{4}$ cup tomato catsup.
1 cup buttered crumbs.

Cut the tops from the green peppers and cover with boiling water. Combine the other ingredients and pack into the drained peppers. Cover with buttered crumbs and brown at 400 degrees F. for 20 minutes. Place about $\frac{1}{4}$ -inch of water in bottom of pan to prevent drying out. Serves 4.

BOILED RICE

1 cup rice.
2 quarts boiling water.

1 tablespoon salt.

Wash rice in several waters to remove surplus starch. Drain. Have water boiling in deep saucepan, add salt and gradually drop in the rice. Boil until tender (when soft if pressed between fingers) about 12 to 25 minutes. To prevent rice sticking, lift it occasionally with a fork. Do not stir it. When rice is cooked, turn it into a colander or sieve. Rinse with hot water and drain well. Cover with a clean tea towel and place over a pot of hot water or turn rice into a shallow pan and place in a warm oven. This method swells the grains and they are kept separate.

TO KEEP RICE WHITE—Add 1 teaspoon of lemon juice to the water in which it is cooked.

TO SHORTEN TIME OF COOKING—Soak the rice in cold water for a couple of hours.

RICE WATER—Drained from boiled rice may be used in sauces, soups or gravies. It can also be used to starch fine fabrics and laces.

CURRIED TOMATO RICE

3 cups cooked rice.
3 tablespoons butter.
 $\frac{1}{4}$ cup diced onion.
2 teaspoons curry powder.

$\frac{1}{4}$ teaspoon salt.
2 tablespoons flour.
 $1\frac{1}{2}$ cups tomato juice.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.

Prepare rice. Melt butter, add onion and sauté until brown. Add curry powder, salt and flour. Blend into a paste. Add tomato juice and sauce, cook until thick. Add the rice. Serve hot. Serves 6.

RICE SOUBISE

3 cups boiled rice.
2 cups sliced onions.
2 tablespoons butter.
3 tablespoons flour.

1 cup meat stock (canned
consommé may be used).
 $\frac{2}{3}$ cup rich milk or cream.
Salt and pepper to season.

Prepare rice. Boil onions until quite soft and press through a coarse sieve. Melt butter and add flour. Blend in stock, cream and onion purée. Cook until thick, stirring to prevent lumps. Arrange rice in mound in entrée dish and pour sauce over all. Sprinkle with paprika and garnish with parsley. Serves 6.

CURRIED RICE

1 cup rice.
2 tablespoons butter.
 $1\frac{1}{2}$ teaspoons minced onion.
1 tablespoon curry powder.

$1\frac{1}{2}$ teaspoons salt.
 $\frac{1}{8}$ teaspoon pepper.
3 cups boiling water.

Pick over rice. Combine the onion, curry powder and fat in pan over low heat and cook until onion is yellow. Add rice and stir until rice is coated with the mixture. Add the water, salt and pepper. Boil rapidly for 5 minutes. Reduce heat and cook slowly until rice is tender and liquid is all absorbed—about 45 minutes. Serve hot. Serves 6.

CURRIED VEGETABLE CASSEROLE

1 cup diced carrots, cooked.
1 cup diced string beans, cooked.
2 cups cauliflower flowerlets, cooked.
1 cup cooked rice.
3 tablespoons butter.
1 small onion, diced.

1 to 2 teaspoons curry powder
(as desired).
 $2\frac{1}{2}$ tablespoons flour.
 $\frac{1}{4}$ teaspoon salt.
 $1\frac{1}{2}$ cups tomato juice.
1 teaspoon Worcestershire sauce.
1 cup soft bread crumbs.

Arrange all the vegetables and rice in layers in a casserole. Now melt the butter and cook the diced onion until golden brown. Blend in the curry powder, salt and the flour. Add tomato juice and Worcestershire sauce. Cook until thick and pour over the vegetables in the casserole. Cover with buttered crumbs and bake at 400 degrees F. until crumbs are browned. Serves 4 to 6.

BAKED STUFFED TOMATOES

6 large tomatoes.
1 cup soft bread crumbs.
1/4 cup minced ham.
2 tablespoons minced onion.
1 sweet green pepper, chopped.

1/2 teaspoon salt.
1/8 teaspoon pepper.
1 egg, well beaten.
2 tablespoons melted butter.

Using a grapefruit knife cut centre out of tomatoes. Sprinkle with salt and invert for 1/2 hour. Combine all other ingredients with some of the centre scooped from the tomatoes and then pack it back into the tomatoes. Sprinkle with grated cheese and bake at 400 degrees F. for 25 minutes. Serve with broiled bacon as a luncheon main course. Serves 6.

BAKED TOMATOES WITH CHEESE

6 tomatoes.
1/2 teaspoon salt.

Pepper.
6 tablespoons grated cheese.

Wipe firm—not over-ripe tomatoes. Place in a greased baking pan and cut out the stem end, into which is sprinkled the salt and pepper. Bake at 375 degrees F. for 10 minutes. Place 1 tablespoon of cheese on top of each tomato and bake until cheese is melted and of a golden brown.

TOMATO SUCCOTASH

1/4 cup chopped onion.
3 cups chopped ripe tomatoes.
1/2 teaspoon salt.
1/4 teaspoon pepper.

2 cups raw string beans.
2 cups fresh raw corn cut from cob.
2 tablespoons butter.

Combine all ingredients. Cover and simmer for 10 minutes. Remove cover and simmer another 5 minutes or until beans are tender. Serves 6.

TOMATOES AU GRATIN

4 cups sliced tomatoes.
1 tablespoon chopped onion.
3 tablespoons butter.
3 cups soft bread crumbs.

1/2 teaspoon salt.
1 teaspoon sugar.
1 cup grated cheese.
Paprika.

Peel and slice tomatoes. Brown onion in butter, add crumbs and fry until brown. Be careful not to burn the crumbs. Make a thin layer on bottom of dish, put in layer of tomatoes, sprinkle with sugar and salt, then cheese, then layer of crumbs and so on till dish is filled, having crumbs on top. Bake at 375 degrees F. for 30 minutes. Serves 4 to 6.

TOMATO AND BREAD SCALLOP

1 No. 3 can choice quality tomatoes.
3 slices buttered bread, $\frac{3}{4}$ -inch
thick.

1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
1 teaspoon fruit sugar.

Arrange alternate layers of the bread, cut in cubes, and tomatoes in casserole, sprinkling each layer with seasonings and having the buttered bread on top, buttered side up. Bake at 375 degrees F. for 25 minutes.

FRIED GREEN TOMATOES No. 1

Wipe tomatoes, do not peel. Cut in $\frac{1}{3}$ -inch slices. Sprinkle with salt. Allow to stand 1 hour. Dip slices in flour and sauté in hot fat until tender (about 8 minutes). Serve on platter around meat.

FRIED GREEN TOMATOES No. 2

Prepare as in No. 1. Dip slices in flour, then in egg, then in dry bread crumbs. Fry in deep fat at 360 degrees F., or when it will brown a cube of bread in 90 seconds. Serve hot on platter around meat or as a luncheon dish with broiled bacon.

FRIED TOMATOES WITH BACON

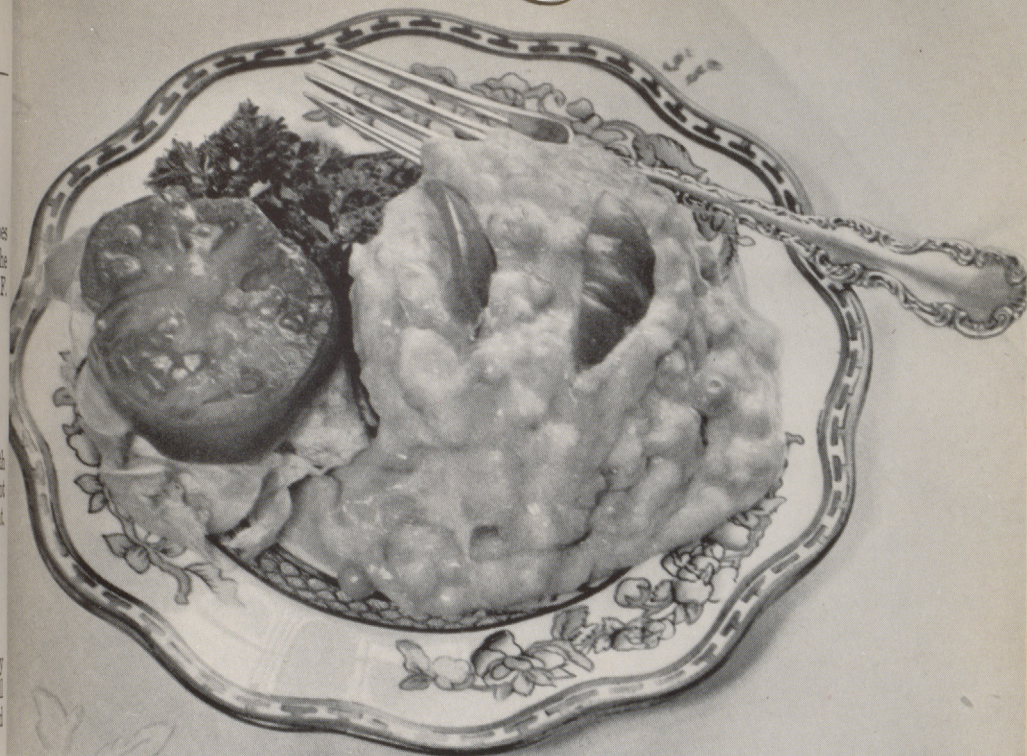
Fry required number of slices of bacon. Slice firm, ripe (not too ripe) tomatoes in $\frac{1}{2}$ -inch slices. Dip in flour on both sides. Sprinkle with salt and pepper. Fry until brown on both sides in bacon fat. Serve hot with bacon.

FRIED EGG PLANT No. 1

Prepare egg plant by slicing, peeling and soaking in salt water for $\frac{1}{2}$ hour. Drain. Dip in flour and sauté in hot fat until brown and tender.

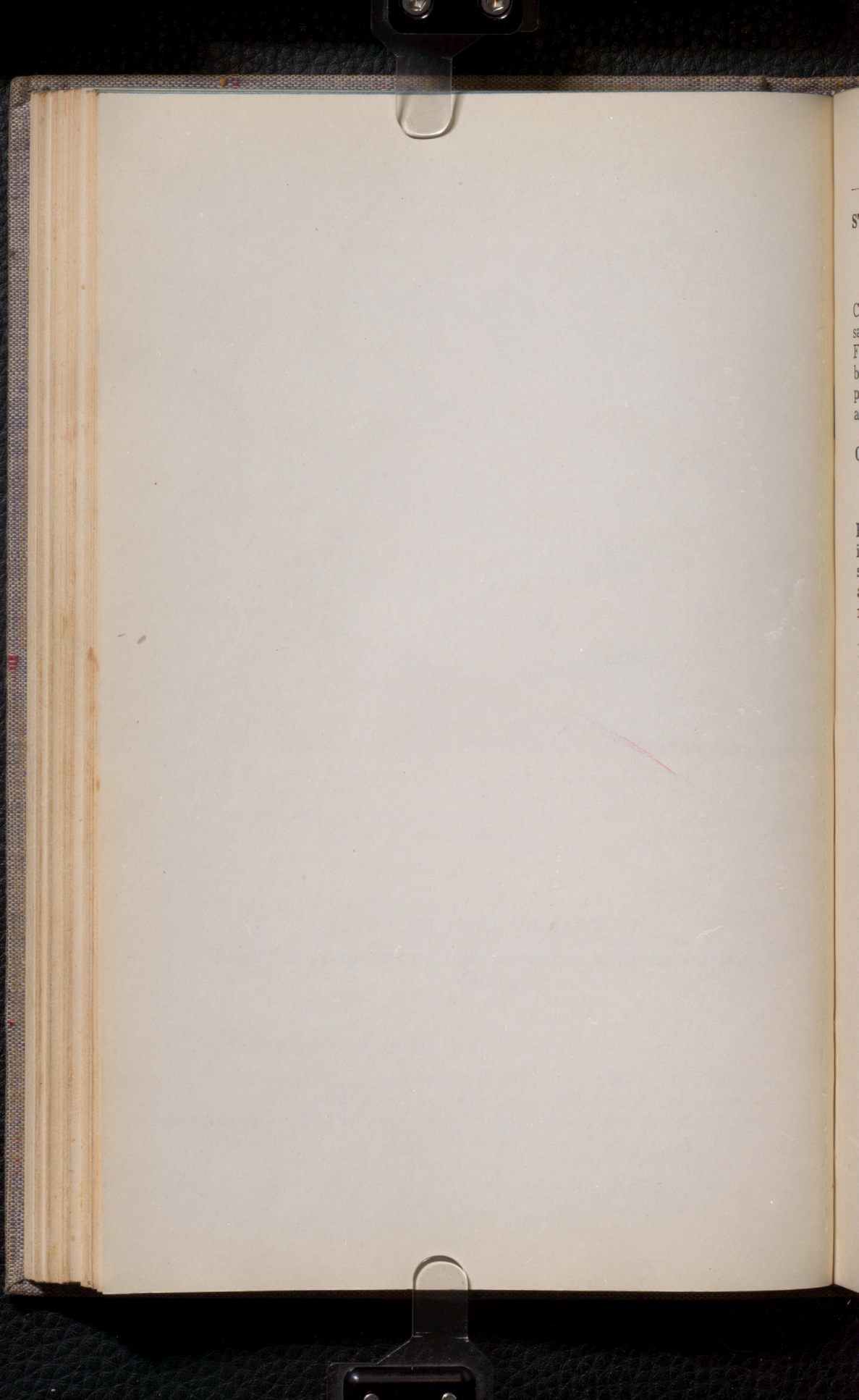
FRIED EGG PLANT No. 2

Prepare egg plant by slicing, peeling and soaking in salt water for $\frac{1}{2}$ hour. Cut slices in half. Drain. Dip in flour, beaten egg and fine bread crumbs. Fry in deep fat at 360 degrees F. until golden brown.



A CREAMED DISH EN PATTY

A simple service of a creamed dish en patty, with a side salad garnish.



STUFFED EGG PLANT

1 large egg plant.
3 tablespoons butter.
4 slices bacon.
1 tablespoon minced onion.

1 cup soft stale bread crumbs.
1 egg, slightly beaten.
Salt and pepper.

Cut egg plant in half. Scoop out centre. Cover pulp with boiling salted water and boil 10 minutes. Chop finely and add butter. Fry bacon until crisp, add onion and sauté 2 minutes. Chop bacon and add with all the other ingredients to the egg plant pulp. Pile into scooped out shells, sprinkle with buttered crumbs and bake at 400 degrees F. for 10 to 15 minutes.

ORIENTAL EGG PLANT

1 large sweet green pepper.
1 large egg plant.
3 tablespoons butter.

4 ripe tomatoes.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon paprika.

Prepare egg plant by peeling and cutting into small cubes. Soak in salt water for $\frac{1}{2}$ hour. Melt butter, add green pepper cut into strips and egg plant rolled in flour. Sauté until brown. Now add the peeled and sliced tomatoes and seasonings. Cook 10 minutes. Serve hot.

BOILED SQUASH

Cut squash in pieces. Peel and remove seeds and stringy parts. Place in saucepan. Barely cover with boiling water. Add salt. Cover and cook until tender (about 30 minutes, according to size of pieces). Drain. Set back on heat and allow surplus moisture to dry out. Mash. Add butter and a little brown sugar. Reheat and serve hot.

BAKED SQUASH

Place whole or half squash on pan in oven at 375 degrees F. Bake for 1 hour for half squash and $1\frac{1}{2}$ hours for medium large squash. Remove seeds after baking. Scoop out of shell into saucepan. Add butter, salt and pepper, and brown sugar. Mash together and reheat before serving.

GLAZED PEPPER SQUASH

Wipe squash. Do not cut. Place required number ($\frac{1}{2}$ to each person) in oven to bake at 400 degrees F. Bake for $\frac{1}{2}$ hour and remove from oven. Cut in half and scrape out the seeds. In each cavity place:

1 teaspoon butter.

1 tablespoon corn syrup.

Pierce each half with fork so juice can run into pulp and sprinkle with salt. Continue to bake for $\frac{1}{2}$ hour longer or until tender. Serve in the shells.

SQUASH PUFF

3 cups mashed squash, seasoned.
1 cup bread crumbs.
 $\frac{1}{2}$ teaspoon baking powder.
2 egg whites.

$\frac{1}{4}$ teaspoon salt.
Brown sugar.
Melted butter.

Combine squash, bread crumbs and baking powder. Fold in the egg whites stiffly beaten with the salt. Turn into buttered casserole. Brush over with melted butter and sprinkle with brown sugar. Oven-poach for 40 minutes at 375 degrees F. Serve at once, so puff will not "fall".

NOTE—For those of you who enjoy frying foods in deep fat, you may drop small amounts of the above mixture in crumbs, then fry in fat.

STUFFED VEGETABLE MARROW

1 vegetable marrow.
1 pound minced steak.
1 cup cooked rice.
 $\frac{1}{2}$ cup dry bread crumbs.
 $\frac{1}{3}$ cup meat stock or tomato juice.

1 egg.
 $\frac{1}{2}$ cup chopped almonds.
 $\frac{1}{4}$ teaspoon pepper.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon celery salt.

Cut a wide wedge-shaped piece lengthwise from the marrow. Scoop out the seeds. Sprinkle the interior lightly with salt. Invert and allow to stand $\frac{1}{2}$ an hour. Meanwhile, combine together all the other ingredients and pack into the cavity in the marrow. Place in a buttered baking pan. Bake at 400 degrees F. for $1\frac{1}{4}$ hours. Serve hot with tomato sauce.

BACON AND MUSHROOMS

8 mushrooms.

8 slices breakfast bacon.

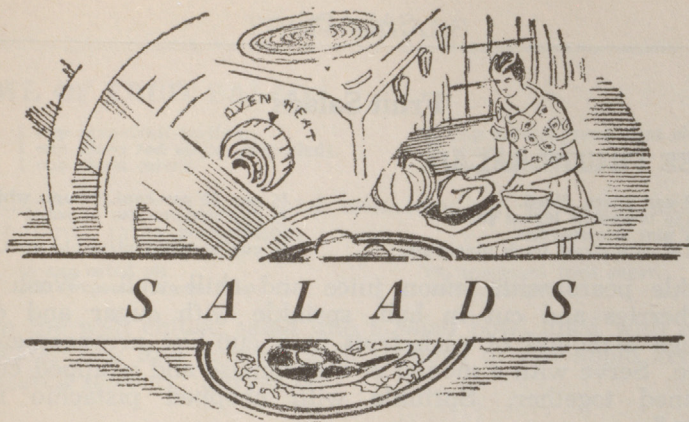
Clean mushrooms and roll in bacon. Broil under hot flame until bacon is crisp and mushrooms are tender. Sprinkle lightly with salt and pepper. Place on rounds of toast and serve hot to 4 people.

SCALLOPED MUSHROOMS

1 pound fresh mushrooms.
 $\frac{1}{3}$ cup diced pimiento.
 $\frac{1}{2}$ cup melted butter.

2 cups medium cream sauce.
 $1\frac{1}{2}$ cups small bread cubes.

Wash mushrooms—peel if necessary. Cut mushrooms in quarters. Melt butter in frying pan and add the mushrooms. Sauté until tender. Arrange alternate layers of mushrooms, pimiento and cream sauce. Now add the bread cubes to the fat remaining in the frying pan. Turn cubes on the top of mushrooms and brown at 425 degrees F. Serves 6.



BOOKS have been written on salads and still all has not been said that could be said about this important chapter in our book of foods.

Have your salads crisp, chilled and with the air of a well groomed person about them. If your salad has the appearance of a lame duck it has lost its aim in life before it ever got started. Do not let your salad greens stand in water; this soaks the essentials out of them. Instead have your salad greens washed, shaken free of excess moisture and then stored in a loosely covered container in a cold place. This about describes the vitalizer of the modern automatic refrigerator which is, of course, an ideal arrangement.

Do not forget that there are other salad greens besides lettuce and watercress. Familiarize yourself with the endives, romaine, escarole and if you can find fresh young turnip greens somewhere in your neighborhood try them for a really delightful change. Nasturtium leaves make a delicious garnish as well as an edible one. Garnish daintily but with edible garnishes that do not sit up on your salad like the cockade on a gendarme's hat.

Never stir a salad, toss it around in the bowl with two forks in the same fluffy manner that you handle a sponge cake.

Above all, serve salads and serve them as attractively and as often as you can.

Fruit Salads

THREE FRUITS SALAD

1 can pears, diced.
1½ teaspoons lemon juice.
1 pint strawberries.
1½ cups diced fresh pineapple.

¼ cup 32 per cent. cream, whipped.
⅓ cup mayonnaise or salad dressing.
½ cup chopped pistachio nuts.

Sprinkle pears with lemon juice and chill well. Wash and hull berries and cut in half, sprinkle with sugar and chill. Arrange a mound of each fruit in a cup-like arrangement of lettuce. Serve with a mound of mayonnaise and whipped cream combined together. Sprinkle with chopped pistachio nuts. Serves 6.

FRUIT MALLOW SALAD

¼ pound marshmallows.
½ pint 32 per cent. cream, whipped.

½ cup cooked salad dressing.

Combine cut marshmallows with the cream and the salad dressing. Allow this to stand for at least 3 hours. To this just before serving add the following:

1 cup finely diced celery.
1 cup diced pineapple.
1 cup diced fresh pears.

½ cup diced dates.
2 large bananas, diced.
Few grains salt.

Combine and be sure that the fruits are drained and well chilled before adding. Serve on green lettuce garnished with watercress and colored bits of pineapple or toasted almonds. Serves 8.

BUNCH OF GRAPES SALAD

6 halves canned pears.
1 pound Malaga grapes.
1 package cream cheese.

1 tablespoon mayonnaise.
Lettuce.
Watercress.

Drain pears and dry well with paper towels or napkins. Cut grapes in halves and remove seeds. Cream cheese well with mayonnaise and spread the rounded side of the pears with the cheese mixture. Now, cover the cheese with grape halves in such a way as to make it resemble a bunch of grapes. Tuck a parsley stem, devoid of leaves, into the large end to represent stem. Arrange in nests of lettuce and garnish with watercress and more mayonnaise. Serves 6.

GRAPEFRUIT AND ENDIVE SALAD

Toss sections of grapefruit and curly endive together in a bowl with French dressing. Chill well. Serve as a dinner salad.

BOWL OF FRUIT SALAD

1 cup grapefruit sections.
1 cup diced red apple (unpeeled).
1 cup diced celery.

$\frac{1}{2}$ cup halved green mint cherries.
 $\frac{1}{8}$ teaspoon salt.
Lettuce or watercress.

Combine all ingredients and mix together with the following ingredients, mixed together:

$\frac{1}{3}$ cup salad oil.
2 tablespoons lemon juice.

$1\frac{1}{2}$ teaspoons fruit sugar.
Dash of paprika.

Turn the well chilled salad into a salad bowl lined with lettuce or watercress and garnish with sections of red apple arranged poinsettia fashion. Serves 6.

SALAD BOWL OF FRUIT

1 can sliced peaches.
1 can white cherries.
1 can sliced pineapple.

1 can Bartlett pears.
French fruit dressing.
3 bunches watercress.

Drain peaches and cherries, cut pineapple slices in 3 pieces; cut Bartlett pears in 3 sections. Place all these well drained fruits in a salad bowl and pour on well chilled French fruit dressing. Chill well in refrigerator and then serve surrounded with watercress. Serves 6.

WALDORF SALAD

2 cups diced apple.
 $\frac{1}{2}$ cup cooked salad dressing.
 $1\frac{1}{2}$ cups diced celery.
 $\frac{1}{4}$ cup chopped walnuts.

1 teaspoon lemon juice.
 $\frac{1}{3}$ cup chopped dates.
Salt to season.

Dice apples (leaving on bright red skin). Add immediately (to prevent discoloring) to the dressing. Add the celery, then the nuts mixed with the lemon juice and the dates. Season and pile into cups of lettuce or arrange on a bed of watercress. Serves 4 to 6. Garnish with green celery tops.

NOTE—The lemon juice over the walnuts prevents them darkening the salad.

AVOCADO AND PINEAPPLE SALAD

1 avocado pear.
6 slices pineapple.
 $\frac{1}{2}$ cup cottage cheese.

2 tablespoons chopped pecans.
Lettuce or watercress.

Peel the avocado and remove it from the pit in 12 sections. Arrange the pineapple on the lettuce and in the centre put the cottage cheese mixed with the nuts. Arrange the sections of avocado on either side of the pineapple. Serve with French dressing. Chill all ingredients well before serving. 6 servings.

REAPER'S SALAD

1 cup diced fresh pears.
2 cups diced tart apple.
¾ cup diced celery.
3 tablespoons chopped nuts.
2 tablespoons chopped candied ginger.

¼ cup mayonnaise or cooked dressing.
4 cups finely shredded cabbage.
2 tablespoons shredded almonds.
2 tablespoons French dressing.

Combine first five ingredients with mayonnaise. Chill. Marinate cabbage and almonds with French dressing. Chill. Arrange nest of cabbage on lettuce and mound fruit salad on cabbage. Garnish with watercress. Serves 6.

COUNTRY CLUB FRUIT SALAD

⅔ cup grapefruit sections.
½ cup orange sections.
1 cup diced apple.
½ cup diced banana.
3 cups diced canned pineapple.

¾ cup diced celery.
½ cup seedless raisins.
½ cup fruit French dressing.
Lettuce.
Watercress.

Combine fruits, celery and raisins. Marinate with French dressing. Chill and serve on lettuce. Garnish with salad dressing and watercress. Serves 6 to 8.

GRAPEFRUIT AND COCOANUT SALAD

1 cup diced grapefruit sections.
½ cup diced celery.
½ cup diced apple.
½ cup moist shredded cocoanut.

1 cup whipped cream dressing.
⅛ teaspoon salt.
Red apple or currant jelly.
Browned almonds.

Combine all ingredients with dressing (use ½ salad dressing and ½ whipped cream). Serve on lettuce and garnish with small bits of jelly and watercress. Sprinkle with browned almonds.

BANANA SALAD WITH STRAWBERRY MAYONNAISE

6 bananas.
¼ cup chopped strawberries.
2 tablespoons chopped blanched almonds.

⅛ teaspoon salt.
¼ cup cream, whipped.
2 tablespoons mayonnaise or salad dressing.

Peel bananas and slice in ½-inch slices. Arrange on a bed of watercress in form of a circle. Combine berries, almonds and salt and fold gently into the combined cream and mayonnaise. Place in a mound in centre of watercress. Curly endive or romaine may be substituted for the watercress or shredded lettuce could be used. Serves 6.

BANANA AND APPLE SALAD

1 cup diced apple.
1 cup diced celery.
1 cup thickly sliced banana.
 $\frac{1}{8}$ teaspoon salt.

1 teaspoon lemon juice.
 $\frac{1}{2}$ cup chopped walnuts.
Cooked salad dressing.

Combine apple, celery and banana with the dressing, salt and lemon juice. Just before serving add nuts. Serve on lettuce, garnish with watercress and mint jelly. Serves 4 to 6.

APPLE PORCUPINE SALAD

6 apples.
1 cup sugar.
3 cups water.
1 2-inch piece stick cinnamon.
Pink coloring.

$\frac{1}{4}$ cup chopped nuts.
 $\frac{1}{2}$ cup diced celery.
 $\frac{1}{2}$ cup seedless raisins.
Whipped cream dressing.
Sliced blanched almonds.

Peel and core the apples. Make a syrup with the sugar, water and stick cinnamon. Add coloring to desired shade. Drop apples into syrup. Turn frequently until tender. Remove from syrup and set aside to cool. Fill centre with celery, raisins and nuts combined together. Arrange on lettuce leaves and stick sliced almonds into the surface of apples to give porcupine effect. Pile the top with mound of whipped cream dressing. Garnish with watercress. 6 servings.

CANDLE SALAD

Arrange leaf of lettuce on salad plate, and a slice of canned pineapple on top. Cut banana in half crosswise and trim down cut end so it rests firmly in hole of pineapple. Place a cherry or bit of pimiento at top to represent flame and you have a salad resembling very much a candle in a holder. A bit of salad dressing trickled down side of banana gives the appearance of the drip of wax and a strip of green pepper curved in at the pineapple circle will give a handle, although this can be omitted.

POINSETTIA SALAD

6 slices pineapple.
6 small cheese balls.
3 olives cut in halves.

Strips of pimiento.
Head lettuce.

Separate the head lettuce in leaves and place on small salad plate, preferably a glass plate. Now, place the slice of pineapple on this. Fill the centre with the cheese ball and place half an olive on each cheese ball. Cut pimiento into long diamond-shaped strips and place these on top of the pineapple (5 to each serving), having the points touching the olive in the centre. This will give the effect of a poinsettia. 6 servings.

Vegetable, Meat and Fish Salads

PYRAMID SALAD

1 head lettuce.
2 medium size tomatoes.

6 slices cucumber.
6 radishes.

Slice lettuce into 6 slices and arrange on salad plates. Pour French dressing over lettuce. Peel tomatoes and slice into 6 slices, arrange 1 slice on each slice of lettuce. Next place on cucumber slices and then top with a radish. (Make a radish rose if you can). Instead of the head lettuce you may use leaf lettuce shredded finely. Serves 6.

ASTOR SALAD

6 $\frac{1}{2}$ -inch slices apple.
18 orange sections.
1 small bar cream cheese.
12 dates, pitted.

$\frac{1}{4}$ cup shredded cocoanut.
Whipped cream dressing.
Lettuce.

Prepare apple slices—if using red apples leave the skins on, but remove cores. Spread apple slice with softened cream cheese. Arrange 3 orange sections on each slice, then 2 dates. Place this on lettuce and sprinkle with cocoanut. Arrange a mound of whipped cream dressing at the side and garnish with watercress. 6 servings.

CHEF'S SALAD

1 head lettuce.
1 cucumber, peeled and diced.
2 tomatoes, peeled and diced.
1 bunch radishes, sliced.

1 bunch green onions, chopped.
1 green pepper, shredded.
French dressing.

Shred lettuce by cutting the head in half and shredding it across with a large knife. Prepare other ingredients and combine all together with French dressing, well seasoned. Serve well chilled.

NOTE—The tomatoes and cucumbers may be diced then salted slightly to draw out the surplus water. Drain well before adding to the other ingredients.

VEGETABLE SALAD BOWL No. 1

1 cup shredded raw carrot.
2 cups shredded raw turnip.
1 cup shredded raw spinach.

1 cup shredded raw celery.
 $\frac{1}{2}$ cup well seasoned French dressing.

Combine vegetables and if not crisp allow them to soak in cold, salted water for a couple of hours. Drain well and add the French dressing. Toss together using a spoon and a fork and serve at once. Serves 6.

VEGETABLE SALAD BOWL No. 2

1 cup coarsely grated cabbage.
1 cup grated celery.
2 cups grated beets.

$\frac{1}{2}$ cup French dressing.
 $1\frac{1}{2}$ teaspoons horseradish.

Combine all the vegetables. Add the horseradish to the French dressing and combine with the other ingredients. Serves 4 to 6.

STUFFED TOMATO SALAD

6 whole tomatoes.
1 cup chicken, tenderloin, veal,
crab-meat, shrimp or lobster.
 $\frac{1}{2}$ cup diced celery.

$\frac{1}{4}$ cup chopped nuts.
2 tablespoons green pepper.
 $\frac{1}{4}$ cup mayonnaise.
Seasonings.

Remove skins from tomatoes. From the stem end remove with a spoon half of the centre of tomato. Sprinkle with salt. Invert on a plate and allow to stand. Toss other ingredients lightly together with a fork. Pile into cavity in tomato and arrange on lettuce leaves. Garnish with watercress and sliced cucumbers. 6 servings.

STUFFED EGG AND TOMATO SALAD

3 hard-cooked eggs.
2 slices crisp cooked bacon.
1 tablespoon chopped green
pepper.

Seasonings.
Mayonnaise.
6 medium size tomatoes.
3 stuffed olives.

Remove shells from hard-cooked eggs and cut hard-cooked eggs in half (zig-zag the edge when cutting, if you can). Remove the yolks and mash with a fork. Add chopped bacon, green pepper, seasonings and mayonnaise to moisten. Beat until well mixed and pile into the egg whites. Meanwhile, remove skins from tomatoes and scoop out sufficient from the stem end to allow the egg to set in the tomato. Place egg in cavity in tomato. Arrange on lettuce and garnish with watercress and mayonnaise. Serves 6.

TOMATO SANDWICH SALAD

6 medium size tomatoes.
1 package white cream cheese.
1 tablespoon chopped green pepper.

$\frac{1}{2}$ teaspoon grated onion.
2 teaspoons mayonnaise.

Remove skins from tomatoes. Chill well. Cut in halves. Mash cheese to a paste, add mayonnaise and beat well. Add green pepper and onion juice. Put cheese mixture between the tomato halves, sandwich fashion, and put sprigs of parsley on top. Serve with mayonnaise or French dressing on lettuce. Serves 6.

A BOWL OF SUNSHINE

2 cups shredded cabbage.
2 cups shredded carrot.
 $\frac{3}{4}$ cup crushed pineapple.

$\frac{1}{2}$ cup blanched browned
almonds.
French dressing or mayonnaise.

Combine all ingredients lightly together. Season to taste. Serve in well chilled bowl lined with lettuce. Serves 6.

TOMATO LILY SALAD

Remove skin from desired number of tomatoes. Use medium-size, firm tomatoes. Now take a sharp pointed knife and cut into the edge of the tomatoes about $\frac{1}{8}$ -inch from the round end to the stem end, marking off 6 sections. Now, still using the same knife, peel each section back so that it forms a petal-like formation around the centre of the tomato. Place in lettuce leaves and serve with mayonnaise.

PHILADELPHIA RELISH

$1\frac{1}{4}$ cups chopped green pepper.
 $1\frac{1}{4}$ cups chopped pimiento.
3 cups shredded cabbage.
 $\frac{1}{2}$ cup chopped green onion.
 $2\frac{1}{2}$ cups diced celery.

1 tablespoon salt.
1 teaspoon celery seed.
 $\frac{1}{4}$ cup brown sugar.
 $\frac{3}{4}$ cup French dressing.

Combine all ingredients. Chill and serve in bowl lined with lettuce. Garnish with green pepper and pimiento strips. Serves 6.

GARDEN SALAD

2 cups shredded cabbage.
1 cup diced celery.
1 cup grated carrot.
 $\frac{1}{2}$ cup chopped pimiento.

1 tablespoon chopped green onion.
Salt and pepper.
French dressing.

Combine all ingredients. Add enough mayonnaise to bind ingredients. Arrange in large salad bowl lined with lettuce. Garnish with tomatoes. Serves 6.

SPECIAL CABBAGE SALAD

3 cups shredded cabbage.
3 tomatoes, diced.
 $\frac{1}{2}$ cup diced celery.
1 cup diced cooked beets.
 $\frac{1}{4}$ cup diced green pepper.

2 tablespoons finely chopped chives OR
 $1\frac{1}{2}$ teaspoons grated onion.
Mayonnaise or cooked salad dressing.

Remove outside leaves from the cabbage, place in cold water and chill in the refrigerator. Drain and remove centre, leaving a shell. Chop the scooped-out cabbage. Add this to the other ingredients. Fill cabbage shell with this mixture. Garnish with celery tops and sliced beets. Serves 6.

CABBAGE SUPPER SALAD

2 cups diced ham, tongue or veal.
 $1\frac{1}{2}$ cups shredded cabbage.
2 hard-cooked eggs, chopped.
1 cup canned lima beans.

$\frac{1}{4}$ cup chopped gherkins.
French dressing, if desired.
Mayonnaise or cooked salad dressing.

Mix all ingredients. Marinate with French dressing. Moisten well with mayonnaise. Serve on lettuce—garnish with watercress and radish roses. Serves 6.

CABBAGE AND GRAPE SALAD

4 cups shredded cabbage.
1 cup Malaga grapes.
¼ cup shredded blanched almonds.

Cooked salad dressing, or
Whipped cream dressing.
Salt and pepper.

Combine all ingredients. Toss together with a fork. Serve on lettuce, garnished with watercress and cottage cheese balls rolled in paprika. Serves 6 to 8.

CABBAGE LUNCHEON SALAD

3 cups shredded cabbage.
1 cup diced celery.
½ cup diced crisply cooked bacon.
2 tablespoons chopped sweet pickle.

Seasonings (onion juice, Worcester-
shire sauce, salt and pepper).
Mayonnaise to moisten.

Combine ingredients. Chill. Serve garnished with sliced tomatoes or radishes. Serves 4 to 6.

NOTE—Always cut the cabbage for your salad well ahead of time. Place it in a container of salt and water and any of those little things that should not be there will float right out. Moreover when placed in a cool place this crisps the cabbage, making it more attractive for the salad.

RUSSIAN FRUIT AND CABBAGE SALAD

4 cups shredded cabbage.
3 halves canned pears, diced.
3 slices canned pineapple, diced.

¼ cup shredded blanched almonds.
¼ teaspoon salt.
¾ cup Russian dressing.

Combine all ingredients, tossing together lightly with 2 forks. Serve on crisp lettuce, garnish with watercress. Serves 8.

WHITE BEAUTY SALAD

4 cups shredded cabbage.
1 cup shredded cocoanut.
1 cup crushed drained pineapple.

½ cup blanched browned
almonds.
¾ cup whipped cream dressing.

Combine all ingredients, using a fork to mix together. Arrange on lettuce and garnish with green mint jelly. Serves 6 to 8 generously.

CABBAGE SALAD WITH BANANA

2 cups shredded cabbage.
½ teaspoon salt.
1 cup diced banana.
1 tablespoon lemon juice.
1 teaspoon fruit sugar.

¼ cup chopped salted peanuts.
4 tablespoons mayonnaise.
1 tablespoon catsup.
¼ cup 32 per cent. cream,
whipped.

Shred cabbage and leave it to stand in cold water to crisp. Drain thoroughly. Add salt and mix well. Sprinkle the bananas with the lemon juice and sugar. Add to cabbage, also the peanuts. Combine mayonnaise, catsup and whipped cream. Fold this into the salad ingredients. Arrange on crisp lettuce. Garnish with watercress and radish roses or slices. Serves 6.

CUCUMBER AND GREEN CABBAGE SALAD

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|-------------------------------------|-------------------------------------|
| 2 cups shredded cabbage. | $\frac{1}{2}$ teaspoon salt. |
| 1 cup cucumber, cut in inch strips. | $\frac{1}{4}$ teaspoon celery seed. |
| 2 tablespoons chopped green onion. | $\frac{1}{3}$ cup vinegar. |
| 2 tablespoons chopped pimiento. | 2 tablespoons water. |
| | 1 tablespoon salad oil. |

Combine vegetables. Add other ingredients mixed together. Place in refrigerator and chill well. Serve on lettuce with mayonnaise and garnish with parsley and tomato sections. Serves 6.

BANANA AND CARROT SALAD

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|----------------------|-------------------------------|
| 4 bananas. | 4 tablespoons salad dressing. |
| 1 cup grated carrot. | |

Peel the bananas, cut in half and then in half again to make 4 pieces. Now dip each piece into the salad dressing and then roll it in the grated carrot. Place 4 of these on a bed of shredded crisp lettuce or on lettuce leaves. Serve with more dressing and garnish with a sprig of watercress. Serves 4.

RED AND WHITE SALAD

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|---------------------------------------|--------------------------------------|
| 1 cup diced cooked beets. | 1 teaspoon horseradish (if desired). |
| $1\frac{1}{2}$ cups shredded cabbage. | Seasonings. |
| $\frac{1}{2}$ cup diced apple. | Cooked salad dressing. |

Combine ingredients, season to taste. Chill, if possible, for at least a few minutes. Place on cupped lettuce leaves and if for luncheon main course, garnish with sliced hard-cooked eggs or devilled eggs. Serves 4 to 6.

BET AND OLIVE SALAD

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|--|---------------------------|
| 3 cups diced cooked beets. | 3 tablespoons mayonnaise. |
| $1\frac{1}{2}$ cups diced celery. | Salt and pepper. |
| $\frac{1}{3}$ cup coarsely chopped olives. | |

Combine all ingredients and mix well together. Serve on lettuce and garnish with watercress and celery curls. Serves 4 to 6.

WILTED OR GERMAN LETTUCE

- | | |
|---------------------------------------|--------------------------------|
| 1 large head green or garden lettuce. | 2 teaspoons sugar. |
| $\frac{1}{4}$ cup diced bacon. | 1 teaspoon salt. |
| $\frac{1}{2}$ cup diluted vinegar. | $\frac{1}{8}$ teaspoon pepper. |

Shred lettuce. Place in vegetable dish. Fry bacon until crisp and brown. Add the vinegar and seasonings, and bring to a boil. Pour over the lettuce, cover and allow to steam. Serve at once to 6 people. Serves 4 to 6.

HEAD LETTUCE WITH BANANA DRESSING

1 large head lettuce.
 $\frac{3}{4}$ cup mashed banana.
 $1\frac{1}{2}$ tablespoons sugar.

4 tablespoons lemon juice.
 $\frac{3}{4}$ cup mayonnaise.

Cut lettuce into 6 sections. Combine banana, sugar and lemon juice and fold into the mayonnaise. Pour over lettuce sections and sprinkle with paprika. Serves 6.

LETTUCE CHEESE ROLLS

1 bar white cream cheese.
 $\frac{1}{4}$ cup chopped nuts.
2 tablespoons seedless raisins.

Mayonnaise to moisten.
Leaf lettuce.
Strips of pimiento.

Cream cheese with mayonnaise, add salt if desired; add nuts and raisins. Spread on lettuce leaf. Roll up like jelly roll. Place on salad plate and lay strips of pimiento over each roll. Serve well chilled. Garnish with watercress.

POTATO, PEANUT AND CARROT SALAD

2 cups cooked diced potatoes.
1 cup grated raw carrot.
 $\frac{1}{2}$ cup chopped, salted peanuts.
1 teaspoon grated onion.
2 tablespoons chopped green pepper.

1 teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
1 teaspoon Worcestershire sauce.
Mayonnaise to moisten.

Combine all ingredients and chill well before serving. Garnish with watercress and devilled eggs for a luncheon course. Serves 6.

BOLIVIA POTATO SALAD

2 cups cold, cooked diced potato.
2 pimientos, chopped.
 $1\frac{1}{2}$ tablespoons chopped green onion.

3 hard-cooked eggs, chopped.
 $\frac{1}{2}$ cup French dressing.

Toss ingredients together lightly, with forks. Add French dressing and any extra seasoning desired. Chill for 1 hour or longer. Add mayonnaise if desired. Arrange in bowl and sprinkle with chopped chives or green pepper. Serves 6.

POTATO AND CUCUMBER SALAD

2 cups cooked diced potatoes.
 $\frac{3}{4}$ cup diced cucumber.
 $\frac{1}{2}$ cup diced celery.
1 tablespoon chopped parsley.

1 teaspoon grated onion.
Mayonnaise.
Seasonings.

Combine ingredients, tossing them lightly with 2 forks. Chill well before using. Serves 6.

ITALIAN SALAD

2 cups cooked macaroni.
 $\frac{1}{2}$ cup cooked peas.
 $\frac{1}{4}$ cup blanched browned almonds.

$\frac{1}{4}$ cup diced pimiento.
 $\frac{1}{2}$ cup mayonnaise or French dressing.

Combine ingredients, marinate with dressing. Chill. Serve on lettuce. Serves 6.

SALMAGUNDI SALAD

1 cup diced cooked potatoes.
2 cups diced cooked ham.
 $\frac{1}{2}$ cup diced pimiento.
 $\frac{3}{4}$ cup green peas.

$\frac{1}{2}$ cup diced celery.
 $\frac{1}{4}$ cup diced gherkins.
 $\frac{1}{2}$ cup mayonnaise.

Toss all ingredients together with 2 forks. Arrange on lettuce in a large bowl. Garnish with devilled eggs and parsley. Serves 6.

NEW HAVEN POTATO SALAD

3 cups diced cooked potatoes.
 $1\frac{1}{2}$ cups diced celery.
1 cup shredded cabbage.
 $\frac{1}{2}$ cup chopped, crisply cooked
bacon.
 $\frac{1}{3}$ cup salad oil.

2 tablespoons vinegar.
2 tablespoons onion juice.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon paprika.
 $\frac{1}{8}$ teaspoon pepper.

Combine potatoes, celery, cabbage and bacon in a bowl. Combine salad oil, vinegar, onion juice, salt, paprika and pepper in a jar and shake together. Pour over other ingredients. Serve on a platter covered with lettuce leaves and alternate sections of tomato and hard-cooked egg around the edge of the platter. Serves 6 to 8.

DEVILLED EGGS

Hard cook the number of eggs required. Plunge into cold water. Remove shells, cut eggs in half, remove yolks, mash and season and mix with dressing. Add any of the following combinations:

- (1) Minced ham and pickles.
- (2) Chopped bacon and nuts.
- (3) Celery and mashed sardines.
- (4) Finely chopped pimiento and green pepper.
- (5) Finely chopped olives and nuts.

Pack mixture into whites and serve as a salad or salad garnish.

DEVILLED EGG AND SARDINE SALAD

1 can sardines.
6 hard-boiled eggs.
 $\frac{1}{3}$ cup mayonnaise.
 $\frac{1}{2}$ teaspoon salt.

Few grains pepper.
 $\frac{1}{2}$ teaspoon lemon juice.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.

Drain the sardines and mash half of them well. Cut eggs in half and remove the yolks. Press the yolks through a sieve and add to the sardines with the remainder of the ingredients. Mix well and then pack into the whites. Arrange on crisp lettuce and garnish with radish roses and the remaining sardines. Serves 6.

WATER LILY SALAD

6 hard-cooked eggs.
2 tablespoons mayonnaise.

1 tablespoon chopped pimiento.
Salt and pepper.

Remove shells from eggs. Cut in halves lengthwise. Remove yolks, cut egg whites in half again to make quarters. Mash yolks and other ingredients. Place 4 quarters of egg white on lettuce leaf with the tips just touching. Place a mound of egg yolk mixture in centre and arrange the egg white to curve up around the centre to form petals as of a water lily. Serves 6.

FRISCO SALAD

$\frac{1}{2}$ cup flaked tuna fish.
2 cups cooked string beans.
2 tablespoons finely chopped green onion.
 $\frac{1}{2}$ teaspoon salt.

2 hard-cooked eggs, chopped.
 $\frac{1}{2}$ cup chopped dill pickle.
1 cup shredded cabbage.
Mayonnaise or French dressing.

Combine all ingredients, having the beans cut in neat pieces. Serve on lettuce garnished with pickled black walnuts and watercress. Serves 6.

TUNA FISH AND APPLE SALAD

1 cup flaked tuna fish.
 $\frac{3}{4}$ cup diced apple.
 $\frac{3}{4}$ cup diced celery.
 $\frac{1}{4}$ cup shredded almonds.

1 tablespoon lemon juice.
 $\frac{1}{3}$ cup mayonnaise.
Seasonings.

Sprinkle apples with lemon juice. Add tuna fish and celery, then nuts and mayonnaise. Toss together lightly. Arrange on crisp lettuce. Garnish with mayonnaise and watercress. Serves 6.

CRAB AND GRAPEFRUIT SALAD

1 cup grapefruit sections, diced.
1 cup crabmeat.
 $\frac{3}{4}$ cup diced celery.

$\frac{1}{3}$ cup toasted sliced almonds.
 $\frac{1}{3}$ cup French dressing.

Prepare grapefruit by removing sections from membrane. Combine ingredients by tossing together lightly with 2 forks. Serve on crisp lettuce garnished with watercress and pickled black walnuts. Shrimps may be substituted for the crabmeat if you wish. Serves 6.

FISH SALAD, AUSTRALIAN STYLE

1 cup flaked salmon or tuna fish.
 $\frac{3}{4}$ cup diced celery.
 $\frac{1}{2}$ cup seedless raisins.
 $\frac{1}{4}$ cup diced sweet pickles.

2 tablespoons chopped pecans.
 $\frac{1}{2}$ teaspoon condiment sauce.
Mayonnaise to combine.

Blend together all the ingredients. Chill very thoroughly. Arrange on lettuce leaves. Garnish with watercress and sections of hard-cooked or stuffed egg. Serves 6.

ORIENTAL SALAD

1½ cups cold boiled rice.
1½ cups flaked salmon.
8 stuffed olives, sliced.
1 cup cucumber cubes.

¼ teaspoon salt.
1½ teaspoons lemon juice.
Dash of cayenne pepper.
½ cup mayonnaise.

Combine all ingredients. Toss together lightly. Serve on crisp lettuce, garnished with slices of dill pickle and celery curls. Serves 6.

CABBAGE AND TUNA SALAD

1 can tuna fish, flaked.
1½ cups shredded cabbage.
2 tablespoons diced pimiento.
2 tablespoons chopped sweet pickle.

2 tablespoons diced ripe olives.
Chilled mayonnaise or salad dressing.
Watercress.
Lettuce.

Combine fish, cabbage, pimiento, pickle and olives lightly together with a fork. Add mayonnaise or dressing and blend well. Chill slightly and serve on crisp lettuce. Garnish with watercress. Serves 6.

HAMPER SALAD

2 cups diced cooked ham, tongue or veal.
1 cup diced celery.
2 hard-cooked eggs, chopped.
1 cup canned lima beans.

¼ cup chopped gherkins.
French dressing, if desired.
Mayonnaise or cooked salad dressing.

Mix all ingredients. Marinate with French dressing. Moisten well with mayonnaise. Serve with lettuce—or for the lunch box pack into wax cups lined with lettuce. Serves 6.

PIQUANT HAM SALAD

1¼ cups diced cooked ham.
¾ cup diced celery.
½ cup seedless raisins.
¼ cup diced sweet pickles.

2 tablespoons chopped pecans.
½ teaspoon condiment sauce.
Mayonnaise to combine.

Blend together all the ingredients. Chill very thoroughly. Arrange on lettuce leaves. Garnish with watercress and sections of hard-cooked or stuffed egg. Serves 6.

TENDERLOIN AND ALMOND SALAD

3 cups diced, cooked tenderloin.
½ cup blanched, browned almonds.
2 tablespoons chopped green pepper.

1½ cups diced celery.
Salad dressing or mayonnaise to moisten.
Salt and pepper to season.

Combine all ingredients. Chill well. Serve in lettuce cups. Garnish with watercress and celery curls. Serves 6.

SWEETBREAD AND BACON SALAD

1 pair of sweetbreads.
6 slices side bacon.
3/4 cup diced celery.
2 tablespoons diced green pepper.

1 1/2 teaspoons lemon juice.
1/4 teaspoon salt.
Dash of cayenne.
3 tablespoons mayonnaise.

Soak sweetbreads in cold water for 1 hour. Drain, cover with boiling water to which has been added 1 teaspoon vinegar and 1/2 teaspoon salt. Simmer for 1/2 hour. Let cool in water in which they were cooked. Remove membrane and dice neatly. Cook bacon until crisp. Cool, break into pieces, add to sweetbreads with remaining ingredients. Toss together and serve on crisp lettuce. Serve garnished with watercress and pickled walnuts. Serves 4.

CHICKEN OR TURKEY SALAD

4 cups diced cooked chicken or turkey (4 to 5-pound fowl).
3 cups diced celery.
1/2 cup diced green pepper.

1/2 cup shredded, blanched almonds, browned.
Mayonnaise or cooked salad dressing.

Dice chicken into 1/2-inch cubes. (Too small cubes make a mushy salad.) Add other ingredients with enough mayonnaise to blend nicely. Chill well in the refrigerator. Serve in lettuce cups garnished with watercress, ripe olives and coarsely grated carrot. Makes 12 servings.

CHICKEN, PINEAPPLE AND ALMOND SALAD

2 cups diced cooked chicken.
1 cup pineapple cubes.
1/2 cup diced celery.

3 tablespoons shredded almonds, browned.
1/3 cup French dressing.

Combine all ingredients with the French dressing and chill in the refrigerator for 2 or 3 hours. Arrange on lettuce, garnish with mayonnaise, watercress and sliced tomato to add color. 6 servings.

NEW CHICKEN SALAD ON PINEAPPLE RINGS

2 cups diced cooked chicken.
3/4 cup diced celery.
1/2 cup diced cucumbers.
3 tablespoons chopped pecans.

Mayonnaise.
Salt and pepper.
8 slices pineapple.

Toss all ingredients together in salad bowl and chill well. On a bed of lettuce arrange a slice of pineapple and on each slice turn out a mound of chicken salad (press salad into a small cup to form a smooth mound). Garnish each mound with small hearts cut from red pimiento. Arrange watercress as an extra garnish. Place 2 cheese straws at the side. Serves 6.

Jellied Salads and Molds

JELLIED CHICKEN SALAD, SOUTHERN STYLE

2 tablespoons gelatine.
 $\frac{1}{2}$ cup cold water.
 $1\frac{3}{4}$ cups boiling water.
 $\frac{1}{2}$ cup sugar.
2 tablespoons lemon juice.
1 teaspoon grated onion.

1 tablespoon vinegar.
 $\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{2}$ cups diced cooked chicken.
 $\frac{3}{4}$ cup diced cucumber.
 $\frac{3}{4}$ cup diced pineapple.
3 tablespoons shredded almonds.

Soak gelatine in cold water. Combine boiling water, sugar, onion, vinegar and salt. Heat to boiling and add the gelatine and lemon juice. Now, stir until gelatine is dissolved and chill until partially set. Add remaining ingredients and pour into oiled molds. Chill until firm. Unmold on lettuce and garnish with watercress and stuffed prunes. Makes 6 to 8 molds.

CHICKEN MAYONNAISE

1 tablespoon sugar.
 $1\frac{1}{2}$ teaspoons mustard.
1 teaspoon salt.
2 eggs or 3 egg yolks.
 $\frac{1}{4}$ cup vinegar.
 $\frac{3}{4}$ cup chicken stock.
 $1\frac{1}{2}$ tablespoons gelatine.

$\frac{1}{2}$ cup cold water.
 $1\frac{1}{2}$ cups finely chopped cooked chicken.
 $\frac{1}{2}$ cup finely chopped celery.
 $1\frac{1}{2}$ tablespoons chopped almonds.

Soak gelatine in cold water. Mix sugar, mustard and salt with the eggs. Mix well and add the vinegar, and chicken stock. Cook this in double boiler, until thick. Add the gelatine and stir until dissolved. Cook and allow to partially set. Add chicken, celery and almonds. Turn into 1 large oiled mold or 6 to 8 individual molds as desired. Serve on lettuce, daintily garnished.

STUFFED EGGS IN TOMATO JELLY

2 cups tomato juice.
1 teaspoon Worcestershire sauce.
1 teaspoon grated onion.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon sugar.
1 teaspoon celery salt.

$1\frac{1}{2}$ tablespoons gelatine.
2 tablespoons cold water.
6 hard-cooked eggs.
1 teaspoon lemon juice.
 $\frac{1}{4}$ teaspoon mustard.
2 tablespoons anchovy paste.

Combine the tomato juice and the seasonings. Bring to a boil and add to the gelatine which has been soaked in the cold water. Split the hard-cooked eggs and remove the yolks. Mash the yolks and add the lemon juice, mustard and anchovy paste. Blend all these ingredients together and pack into the whites. Put the two halves together. Pour the partially thickened tomato jelly into the molds to half fill the molds, and add the stuffed eggs. Chill until the jelly is set, then add the remaining tomato jelly. Chill well and unmold on lettuce. Garnish with asparagus banded with pimiento. Makes 6 molds.

SPICED RELISH MOLDS

2¼ cups water.
6 cloves.
1 package lemon jelly powder.
½ teaspoon salt.

1½ cups India relish or any of
your finely chopped sweet
home-made relishes.
1 teaspoon drained horseradish.

Measure water and add the cloves. Boil 3 minutes and strain 2 cups of this liquid over the jelly powder. Stir until dissolved, adding the salt. Chill, and when partially set, add the relish and the horseradish. Turn into loaf tin and serve, cut in any desired shapes, as a garnish for a cold meat plate or platter. Makes 6 to 8 molds.

FOUNDATION JELLY

½ cup diluted vinegar.
2 cups boiling water.
1 teaspoon salt.
½ cup, granulated sugar.

2 tablespoons gelatine.
½ cup cold water.
2 tablespoons lemon juice.

Mix vinegar, sugar, boiling water and salt. Bring to boil. Add gelatine which has been soaked in cold water. Add strained lemon juice. When partially set, add any vegetables or fruits, as desired.

NOTE—All measurements for gelatine must be strictly level and accurate to insure success.

Variations:

- 1.—1 cup shredded cabbage; 1 cup shredded beets; ½ cup diced celery.
- 2.—1 cup diced cucumber; 1 cup diced celery; ½ cup sliced radishes.
- 3.—½ cup tuna fish, shredded; 1 cup diced celery; ¼ cup diced green pepper; ¾ cup shredded carrots.
- 4.—1 cup diced cucumber; 1 cup diced pineapple (canned); ¼ cup diced green pepper.
- 5.—1 cup diced ham; 1½ cups diced celery; ¼ cup diced green pepper.
- 6.—1 cup cleaned shrimps; 1 cup diced cucumber; ¼ cup diced pimiento.

NOTE—Sometimes you have not sufficient jelly molds for the number of people you are going to serve, and in that case use your deep loaf pan and serve the jelly in slices, or your square cake pan, and then use a fancy cookie cutter to cut out the shapes.

Should you wish to serve a large mold instead of individuals, these suggestions might help in garnishing.

- (1) Place slices of hard-cooked egg in bottom of mold.
- (2) Arrange slices of stuffed olives around the edge of mold. In the centre form your initial from the sliced olives.
- (3) Cut long diamond-shaped pieces of pimiento. Arrange 4 or 5 of these pieces in petal-like formation, place a slice of stuffed olive in the centre and you have a poinsettia arrangement.
- (4) Arrange slices of radishes around edge of mold and rings of green pepper in the centre.

MOLDED CHEESE RING

1 tablespoon gelatine.
¼ cup cold water.
1 package white cream cheese.
2 cups cottage cheese.
¾ teaspoon salt.

2 tablespoons chopped green pepper.
1 teaspoon grated onion.
1 teaspoon Worcestershire sauce.
Dash of cayenne.

Soak the gelatine for 10 minutes in cold water and then dissolve over hot water. Mash the cheeses, blending them well together, and mix in other ingredients. Add the dissolved gelatine and pour this mixture into 1 large oiled or moistened mold or 8 small ring molds. Chill until set and serve unmolded on lettuce, fill in the centre with chopped fruit, vegetable or fish salad. Makes a delicious luncheon or supper dish. 6 servings.

COTTAGE CHEESE SALAD MOLD

½ pound cottage cheese.
¼ cup chopped chives or green onions.

1 teaspoon paprika.
Cream or mayonnaise.

Combine all ingredients, adding enough cream or mayonnaise to soften. Pack into small oiled mold. Chill for several hours. Serve on lettuce surrounded with vegetables. 6 to 8 servings.

TOMATO JELLY

2 tablespoons gelatine.
2½ cups tomato juice.
½ teaspoon salt.

⅓ teaspoon pepper.
1 teaspoon sugar.
1 teaspoon Worcestershire sauce.

Soak gelatine in ½ cup tomato juice. Add other ingredients to tomato juice remaining and bring to the boil. Remove from heat. Add gelatine. (Grate in some onion juice if desired). Pour into oiled or moistened molds. Chill until set. Serve on lettuce.

NOTE—More salt may be needed depending on seasoning in tomato juice.

CHICKEN AND TOMATO MOLD

Prepare tomato jelly as in above recipe. Chill, and when partially set, add:

1½ cups diced cooked chicken.
½ cup diced celery.

2 tablespoons green pepper.

Stir these ingredients into the jelly which is partially set. Now turn this into the oiled or moistened molds. Chill until set and unmold on lettuce leaves. Garnish with watercress.

Shrimp or lobster may be substituted for the chicken in the above recipe.

TOMATO JELLY AND CHEESE SALAD

Half fill oiled individual molds with tomato jelly and allow to partially set. Combine:

1 bar white cream cheese.
2 tablespoons chopped celery.
2 tablespoons chopped nuts.

2 teaspoons mayonnaise.
Salt.

Form this mixture into 6 small balls. Place 1 in each mold on top of the partially set jelly. Pour on the remaining jelly. Chill. Unmold on lettuce. Can be served with a vegetable salad.

RED CREST TOMATO ASPIC

1 package strawberry gelatine.
2 cups boiling tomato juice.
 $\frac{1}{2}$ teaspoon salt.

Dash of cayenne pepper.
 $1\frac{1}{2}$ teaspoons grated onion.

Dissolve the gelatine in hot tomato juice. Add other ingredients. Turn into oiled or moistened molds and chill thoroughly until set. Will make 4 large individual molds or 6 ring molds or 1 large mold to serve about 8 with a cold meat plate.

FRUIT GINGER ALE SALAD

1 package lemon jelly powder.
 $\frac{3}{4}$ cup boiling water.
 $1\frac{1}{4}$ cups dry ginger ale.
1 tablespoon lemon juice.
 $\frac{1}{2}$ cup seedless raisins.
 $\frac{1}{4}$ cup diced celery.

$\frac{1}{2}$ cup diced pineapple.
 $\frac{1}{8}$ cup preserved ginger, finely
chopped.
 $\frac{1}{4}$ cup diced apple.
 $\frac{1}{8}$ teaspoon salt.

Dissolve jelly powder in boiling water. Chill slightly. Add lemon juice, salt and ginger ale. When partially set, add fruit. Turn into oiled or moistened mold. Serve garnished with stuffed celery on lettuce. Use whipped cream dressing as an accompaniment. Makes 6 to 8 molds.

APPLE GINGER ALE SALAD

1 package lime jelly powder.
 $\frac{1}{2}$ cup boiling water.
 $1\frac{1}{2}$ cups dry ginger ale.
1 tablespoon lemon juice.
1 cup diced apples.

$\frac{1}{4}$ cup red maraschino cherries.
 $\frac{1}{4}$ cup shredded almonds.
1 tablespoon candied ginger.
 $\frac{1}{8}$ teaspoon salt.

Dissolve jelly powder in boiling water. Add cold ginger ale, salt and lemon juice. Chill and allow to partially set. Add fruits and nuts. Turn into oiled or moistened molds. Serve on lettuce with whipped cream dressing. Garnish with watercress, and cottage cheese formed into balls and rolled in nuts. Serves 6.

NOTE—If you use a jelly powder with instructions to dissolve in warm water, then ignore the rule of boiling water in the jelly recipes.

LIME AND CARROT MOLD

1 package lime jelly powder.
1 cup boiling water.
1 cup cold water.
1 tablespoon lemon juice.

$\frac{3}{4}$ cup well-drained crushed pineapple.
1 cup grated raw carrot.
 $\frac{1}{4}$ teaspoon salt.

Dissolve jelly powder in boiling water. Add cold water and lemon juice. Chill. When partially set add the remaining ingredients. Pour into oiled or moistened ring mold. Serve on lettuce with salad dressing. Garnish with watercress. 6 to 8 molds.

PIQUANT TONGUE MOLD

1 package lemon jelly powder.
1 cup boiling water.
 $\frac{3}{4}$ cup cold water.
2 tablespoons vinegar.
Few grains cayenne pepper.
 $\frac{1}{8}$ teaspoon salt.

$\frac{1}{2}$ cup chopped sweet pickles.
1 teaspoon grated onion.
 $3\frac{1}{2}$ cups finely diced boiled tongue.
 $\frac{1}{2}$ cup mayonnaise or salad dressing.

Dissolve jelly powder in the boiling water. Add the cold water, vinegar and salt. Chill until partially set, then beat with a Dover beater until fluffy. Add the remaining ingredients and turn into an oiled or moistened large ring mold. Unmold and fill centre with a crisp cabbage salad. Garnish with watercress. Serves 8.

IMPERIAL SALAD

1 package lemon jelly powder.
 $\frac{7}{8}$ cup boiling pineapple juice.
1 cup cold water.
 $\frac{3}{8}$ cup lemon juice.
 $\frac{1}{8}$ teaspoon salt.

3 slices pineapple, diced.
 $\frac{1}{2}$ cup diced pimiento.
1 cup diced celery.
 $\frac{1}{4}$ cup shredded almonds.

Dissolve jelly powder in boiling pineapple juice. Add cold water, lemon juice and salt. Chill. When partially set add other ingredients. Turn into oiled or moistened molds. Allow to set. Serve on lettuce garnished with prune stuffed with cheese. Serves 6.

PINEAPPLE GRAPEFRUIT SALAD

1 package pineapple jelly powder.
1 cup boiling water.
 $\frac{3}{4}$ cup cold water.
2 tablespoons lemon juice.

$\frac{1}{8}$ teaspoon salt.
1 cup grapefruit sections.
 $\frac{1}{4}$ cup sliced stuffed olives.
 $\frac{1}{2}$ cup diced celery.

Dissolve jelly powder in boiling water. Add cold water, lemon juice and salt. Chill. Allow to partially set. Add the grapefruit, olives and celery. Turn into individual molds and allow to set. Unmold on a bed of crisp lettuce and garnish with watercress. Serves 6.

JELLIED WALDORF SALAD

1 package lemon jelly powder.
1 cup boiling water.
1 cup cold water.
1 tablespoon vinegar.
 $\frac{1}{8}$ teaspoon salt.

1 cup diced red apple (leave skin on).
 $\frac{3}{4}$ cup diced celery.
 $\frac{1}{4}$ cup chopped nuts.
 $\frac{1}{4}$ cup raisins or dates.

Dissolve jelly powder in boiling water. Add cold water, vinegar and salt. Chill and allow to partially set. Fold in the other ingredients. Pour into moistened or oiled molds. Chill and serve unmolded on lettuce. Makes about 6 molds.

MOLDED WALDORF SALAD

$1\frac{1}{2}$ tablespoons gelatine.
 $\frac{1}{4}$ cup cold water.
 $\frac{3}{4}$ cup cooked salad dressing.
 $\frac{1}{2}$ cup cream, whipped.
1 cup diced apples.

$\frac{3}{4}$ cup diced celery.
 $\frac{1}{3}$ cup chopped dates.
 $\frac{1}{4}$ cup chopped almonds or pecans.

Soak gelatine in cold water. Heat salad dressing and add gelatine. Stir until dissolved. Chill and fold in whipped cream. When partially set add the fruits, celery and nuts. Turn into oiled or moistened molds. Chill well and unmold on lettuce leaves with a garnish of parsley or watercress. Serves 6.

JELLIED PINEAPPLE AND CUCUMBER SALAD

2 tablespoons gelatine.
 $\frac{3}{4}$ cup cold water.
2 cups pineapple juice and boiling water.
 $\frac{1}{4}$ cup vinegar.
 $\frac{1}{4}$ cup sugar.

1 teaspoon salt.
 $\frac{1}{4}$ teaspoon green coloring.
1 cup diced pineapple (4 slices).
1 cup diced cucumber.
1 tablespoon minced onion.

Soak gelatine in cold water. Bring pineapple juice to a boil and add to soaked gelatine. Add vinegar, salt, sugar and coloring and stir until gelatine is dissolved. Allow to partially set, fold in pineapple, cucumber and onion. Pour into oiled or moistened molds. Chill. Serve with salmon or salmon mayonnaise.

CORN AND GREEN PEPPER MOLD

1 cup cooked corn cut from cob.
 $\frac{1}{3}$ cup chopped green pepper.
 $\frac{1}{2}$ cup diced celery.
 $\frac{1}{2}$ teaspoon grated onion.
1 tablespoon gelatine.

$\frac{1}{4}$ cup cold water.
 $\frac{1}{2}$ cup mayonnaise or cooked salad dressing.
 $\frac{3}{4}$ cup boiling water.
 $\frac{1}{4}$ teaspoon salt.

Prepare vegetables. Soak gelatine in cold water. Add boiling water. Stir until dissolved. Chill. Add mayonnaise and salt. When partially set, add other ingredients. Turn into 6 oiled or moistened molds. Chill. Unmold and serve garnished with watercress.

SALAD AMBROSIA

2 tablespoons gelatine.
 $\frac{1}{2}$ cup cold water.
 1 cup hot chili sauce.
 1 cup cooked salad dressing.
 1 cup cream, whipped.

$\frac{1}{2}$ cup diced green pepper.
 $\frac{1}{2}$ cup shredded blanched almonds.
 1 cup cottage cheese.

Soak gelatine in cold water. Dissolve in hot chili sauce. When cold fold in cheese, dressing, cream, green pepper and almonds. Mold and chill. Turn on to crisp lettuce and garnish with watercress and olives. This can be molded individually and turned out on to rings of pineapple. 6 to 8 molds.

GRAPEFRUIT AND APPLE MOLD

$1\frac{1}{2}$ tablespoons gelatine.
 $\frac{1}{4}$ cup cold water.
 $\frac{1}{2}$ cup boiling water.
 $\frac{1}{2}$ cup sugar.
 1 cup diced apple.

$1\frac{3}{4}$ cups grapefruit pulp and juice.
 1 cup canned pitted cherries.
 $\frac{1}{2}$ cup broken pecans.

Soak gelatine in cold water. Bring sugar and hot water to boil. Remove from heat, add gelatine and stir until dissolved. Now add salt, grapefruit juice and pulp (have some good-sized pieces of pulp). Chill and allow to partially set. Now add remaining ingredients. Mold in oiled ring molds and when set unmold on lettuce and serve with whipped cream dressing piled in centre of mold. Garnish with whole pecans and watercress. Makes 6 molds.

GRAPEFRUIT AND PINEAPPLE MOLD

$1\frac{1}{2}$ tablespoons gelatine.
 2 tablespoons cold water.
 1 cup pineapple juice.
 $\frac{1}{2}$ cup grapefruit juice.

$\frac{3}{4}$ cup diced pineapple.
 $\frac{3}{4}$ cup diced grapefruit sections.
 $\frac{1}{4}$ cup diced celery.
 $\frac{1}{8}$ teaspoon salt.

Soak gelatine in cold water. Heat pineapple juice to boiling and pour over softened gelatine and grapefruit juice. Allow to partially set, then add remaining ingredients. Place in molds moistened with cold water. Chill, unmold on to lettuce and serve garnished with watercress and dressing. Stuffed celery would also be an interesting garnish.

MOLDED COLE SLAW

2 cups shredded cabbage.
 $\frac{1}{3}$ cup chopped green pepper.
 2 tablespoons chopped pimiento.
 1 teaspoon grated onion.
 1 tablespoon gelatine.

$\frac{1}{4}$ cup cold water.
 $\frac{1}{2}$ cup cooked salad dressing.
 $\frac{3}{4}$ cup boiling water.
 $\frac{1}{2}$ teaspoon salt (omit if dressing is salty).

Prepare vegetables. Soak gelatine in cold water. Add boiling water. Cool, add dressing and salt. When partially set, add other ingredients. Turn into oiled or moistened molds. Chill. Unmold and serve on bed of watercress. Makes 6 molds.

JELLIED CRANBERRY RING

2 tablespoons gelatine.
 $\frac{1}{2}$ cup cold water.
2 cups strained cranberry juice.

1 tablespoon lemon juice.
 $\frac{1}{8}$ teaspoon salt.
1 cup chopped celery.

Soak gelatine in cold water. Add boiling cranberry juice, then lemon juice and salt. Allow to chill and partially set. Add celery. Turn into an oiled ring mold. Chill. When set turn out on a large platter covered with lettuce. Fill centre with turkey salad. Garnish with watercress. Serves 6 to 8.

MINT JELLY

$\frac{1}{4}$ cup vinegar.
1 cup boiling water.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{3}$ cup granulated sugar.

1 tablespoon gelatine.
 $\frac{1}{4}$ cup cold water.
 $\frac{1}{2}$ teaspoon mint flavoring.
Green coloring.

Combine vinegar, boiling water, salt and sugar. Heat to boiling. Add to gelatine which has been soaked in cold water. Add mint flavoring and coloring. Pour into oiled or moistened fancy mold and chill. Shred a carrot or chop celery and add it to this.

JELLIED BEET MOLD

$1\frac{1}{2}$ tablespoons gelatine.
 $\frac{1}{4}$ cup cold water.
1 cup boiling water.
 $\frac{3}{4}$ cup cold vinegar (from off the beets).

$\frac{1}{4}$ teaspoon salt.
2 teaspoons sugar.
1 cup diced beets.
 $\frac{1}{2}$ cup diced celery.

Soak gelatine in cold water. Add boiling water. Stir until gelatine is dissolved. Add vinegar, salt and sugar. Chill and allow to partially set. Add beets and celery. Pour into oiled or moistened molds. Chill. Unmold on lettuce leaves and garnish with watercress. Makes 6 molds.

CUCUMBER JELLY WITH SALMON MAYONNAISE

4 cups sliced cucumber.
2 tablespoons chopped onion.
1 teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 $2\frac{3}{4}$ cups water.

$\frac{1}{4}$ cup vinegar.
2 tablespoons gelatine.
 $\frac{1}{4}$ cup cold water.
4 tablespoons chopped green pepper.

Cook cucumber, onion, salt and pepper with water in a covered saucepan until cucumbers are soft—about 20 minutes. Meanwhile, soak gelatine in cold water. Press cucumber mixture through sieve (measure 2 cups). Add vinegar and reheat to boiling. Add gelatine and stir until dissolved. Chill and allow to partially set. Add green pepper (and other vegetables if desired). Turn into molds moistened with water. Chill well. Unmold on to a bed of lettuce. Serve with salmon mayonnaise and garnish with watercress. 6 to 8 molds.

BUFFET LOAF*1st AND 3rd LAYERS*

$\frac{1}{2}$ cup diluted vinegar.
 2 cups boiling water.
 1 teaspoon salt.
 $\frac{1}{2}$ cup sugar.

2 tablespoons gelatine.
 $\frac{1}{2}$ cup cold water.
 2 tablespoons lemon juice.
 Green coloring.

Mix boiling water, vinegar, sugar and salt. Heat to boiling. Add gelatine, which has been soaked in cold water. Add lemon juice. Color desired shade of green. Pour half of this mixture into a moistened loaf pan. Chill, and when partially set, cover with

2nd LAYER

1 cup tuna fish or minced cooked
 chicken.
 2 cups finely shredded cabbage.
 $\frac{1}{4}$ cup chopped pickle.

$\frac{1}{4}$ cup chopped pimiento.
 1 cup thick mayonnaise.
 2 teaspoons gelatine.
 2 tablespoons boiling water.

Combine all ingredients, adding gelatine dissolved in hot water. Season with salt, onion juice and Worcestershire sauce. Pack in on top of gelatine. Now cover with remaining gelatine which is partially set. Chill well. Unmold on to a platter. Garnish with rings of pineapple topped with slices of tomato and a bit of parsley. Serves 8.

SHRIMP AND PEPPER MOLD

1 tablespoon gelatine.
 4 tablespoons cold water.
 $\frac{1}{3}$ cup granulated sugar.
 2 tablespoons vinegar.
 1 cup hot water.

$\frac{1}{8}$ teaspoon salt.
 2 tablespoons lemon juice.
 $\frac{1}{3}$ cup diced green pepper.
 1 cup diced celery.
 1 cup cleaned shrimps.

Soak gelatine in cold water. Combine sugar, vinegar and water and heat to boiling. Add gelatine, lemon juice and salt. Allow to cool and partially set. Add the green pepper, celery and shrimps. Turn into oiled molds and allow to set. Unmold on lettuce and garnish with watercress and curled celery. Makes 6 molds.

MOLDED CELERY AND PIMIENTO

2 tablespoons gelatine.
 $\frac{1}{2}$ cup cold water.
 $1\frac{3}{4}$ cups boiling water.
 $\frac{1}{3}$ cup sugar.
 $\frac{1}{4}$ cup lemon juice.

1 tablespoon vinegar.
 1 tablespoon horseradish.
 $1\frac{1}{4}$ cups diced celery.
 $\frac{1}{3}$ cup diced pimiento.
 $\frac{1}{8}$ teaspoon salt.

Soak gelatine in cold water. Add boiling water, sugar, lemon juice and vinegar. Allow to cool. Add horseradish. When partially set add salt, celery and pimiento. Turn into oiled or moistened molds. Chill. Serve on lettuce, garnished with watercress. Serves 6.

JELLIED HAM AND GREEN PEA MOLD

$\frac{1}{4}$ cup vinegar.
1 cup hot water.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{3}$ cup granulated sugar.
1 tablespoon lemon juice.
1 tablespoon gelatine.

$\frac{1}{4}$ cup cold water.
1 tablespoon horseradish.
1 cup cooked ham, cut in inch shreds.
1 cup green peas.
1 hard-cooked egg, sliced.

Combine vinegar, water, salt and sugar. Heat to boiling. Pour over the gelatine soaked in cold water. Add the lemon juice. Chill and allow to partially set. Add the horseradish, ham and peas. Rinse out molds in cold water. Add a small amount of jelly. Place in a slice or two of hard-cooked egg. Add rest of jelly and chill well before serving. 6 to 8 molds.

JELLIED NEAPOLITAN LOAF

$2\frac{3}{4}$ cups tomato juice.
1 teaspoon Worcestershire sauce.
2 teaspoons lemon juice.
Salt to season.
2 tablespoons gelatine.
 $\frac{1}{4}$ cup cold water.

2 cups cooked potatoes.
 $\frac{1}{2}$ cup diced celery.
1 tablespoon chopped onion.
1 tablespoon chopped green pepper.
Salt and pepper.
Mayonnaise to moisten.

$1\frac{1}{2}$ cups diced cooked meat or fish.

Combine seasonings with tomato juice, heat to boiling, add lemon juice. Meanwhile, soak gelatine in cold water, then add to boiling tomato juice. Take a deep, narrow loaf tin, rinse in cold water and line with a sheet of waxed paper, cut to fit exactly. Cover bottom with about $\frac{2}{3}$ of tomato mixture. Allow to set. Arrange on this the potato salad, then the layer of the meat or fish which has been marinated in French dressing. Cover with remaining partially set tomato aspic. Chill thoroughly. Unmold on platter and garnish with cups of lettuce in which are a group of asparagus tips banded with pimienta strips. Serves 8.

MOLDED LAMB IN MINT JELLY

2 tablespoons gelatine.
 $\frac{1}{3}$ cup cold water.
2 cups boiling water.
 $\frac{1}{2}$ cup vinegar.
 $\frac{1}{3}$ cup sugar.

1 teaspoon salt.
1 cup chopped mint leaves.
Green coloring.
 $\frac{1}{4}$ cup diced pimienta.
3 cups cooked diced lamb.

Soak gelatine in cold water. Combine water, sugar, vinegar, salt and mint leaves in a covered saucepan. Heat to boiling and boil 2 to 3 minutes. Strain out the mint leaves. Reheat to boiling and add gelatine. Add enough green coloring to make an attractive color. Allow to partially set. Add diced meat and pimienta. Pour into mold. Unmold and serve on a foundation of lettuce. Garnish with sliced tomatoes. 6 to 8 molds.

JELLIED HAM ROLLS

6 thin slices cooked ham.
1 small bar white cream cheese.
 $\frac{1}{4}$ cup horseradish or other
relish.
Salt and paprika.

1 package lemon jelly powder.
 $1\frac{3}{4}$ cups boiling water.
 $\frac{1}{4}$ cup cider vinegar.
 $\frac{1}{2}$ teaspoon salt.
Dash of cayenne pepper.

Cream together cheese and horseradish. Add salt and paprika. Spread on slices of ham. Roll up tightly. Arrange rolls in long loaf pan. Meanwhile dissolve jelly powder in boiling water to which vinegar, salt and cayenne have been added. Chill and pour over ham rolls. When set, unmold on a large platter with cups of lettuce in which an attractive salad has been arranged. Serves 6.

JELLIED TUNA LOAF

1 package lemon jelly powder.
1 cup boiling water.
 $\frac{3}{4}$ cup cold water.
 $1\frac{1}{2}$ tablespoons vinegar.
 $\frac{1}{2}$ teaspoon salt.
Few grains cayenne pepper.

1 cup flaked tuna fish.
1 cup cooked peas, fresh or
canned.
2 tablespoons chopped pimiento.
 $\frac{1}{2}$ cup mayonnaise or salad
dressing.

Dissolve jelly powder in hot water. Add cold water, vinegar, salt and cayenne. Chill, and when partially set, fold in the remaining ingredients. Turn into a moistened mold. Chill until firm. Serve garnished with lettuce sections, tomatoes and cucumbers. Serves 6.

JELLIED CHICKEN (With Canned Chicken)

2 large cans chicken.
1 cup clear chicken broth.
1 teaspoon lemon juice.
Season to taste.

1 cup diced celery.
1 tablespoon gelatine.
 $\frac{1}{4}$ cup cold water.

Open cans of chicken. Heat gently to melt jelly around meat. Strain out meat and dice into neat small cubes. Add this juice to broth. Heat to boiling, add lemon juice and seasoning. Pour over gelatine soaked in cold water. Chill, and when partially set, add chicken and celery. Pimiento may also be added if desired. Pour into moistened molds and chill until set. 6 to 8 molds.

HAM MOUSSE

1 tablespoon gelatine.
 $\frac{1}{4}$ cup cold water.
 $\frac{1}{2}$ cup canned chicken soup.
2 cups cooked minced ham.
Few grains cayenne.
1 teaspoon dry mustard.

2 tablespoons grated onion.
2 tablespoons finely chopped green
pepper.
2 tablespoons chopped parsley.
2 tablespoons lemon juice.
 $\frac{1}{2}$ cup 32 per cent. cream, whipped.

Soak gelatine in cold water. Add hot chicken soup and stir until gelatine is dissolved. Chill. When partially set add remaining ingredients. Turn into shallow pan (10 x 10). Chill. Cut in squares. Serve on lettuce, garnished with horseradish and Red Crest Tomato Asp. Serves 6-8.

Salad Dressings

COOKED SALAD DRESSING

1 tablespoon cornstarch.
2 teaspoons mustard.
1 teaspoon salt.
 $\frac{1}{4}$ cup sugar.
Dash of cayenne.

2 eggs.
 $\frac{1}{2}$ cup diluted vinegar.
 $\frac{1}{4}$ cups milk.
1 tablespoon butter.

Blend dry ingredients with some of vinegar. Add beaten eggs. Cook in double boiler, adding slowly, vinegar and milk alternately. Stir constantly until mixture thickens. Add butter. Chill.

FRUIT MERINGUE

3 tablespoons sugar.
3 tablespoons flour.
2 eggs.
2 tablespoons vinegar.

2 tablespoons lemon juice.
Grated rind of 1 lemon.
 $\frac{3}{4}$ cup orange juice.
1 cup 32 per cent. cream, whipped.

Mix sugar and flour in upper part of double boiler, add slightly beaten eggs, vinegar, fruit juice and grated rind. Cook, stirring constantly until thick. Chill. Just before serving fold in cream. If desired, $\frac{1}{3}$ cup chopped nuts may be added, also 1 cup chopped marshmallows.

SOUR CREAM DRESSING FOR CABBAGE

1 cup thick sour cream (32 per cent.)
1 teaspoon salt.
2 tablespoons lemon juice.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.

$2\frac{1}{2}$ teaspoons sugar.
2 hard-cooked eggs, chopped.
2 tablespoons chili sauce.
2 tablespoons chopped green pepper.

Whip cream until stiff. Add salt, lemon juice, sugar and Worcestershire sauce. Continue to beat until smooth. Now add other ingredients and serve over crisp shredded cabbage. Serves 6 to 8.

FRENCH DRESSING

$\frac{2}{3}$ cup salad oil.
 $\frac{1}{3}$ cup vinegar or lemon juice.
 $\frac{1}{2}$ teaspoon salt.

1 teaspoon fruit sugar.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.
 $\frac{1}{4}$ teaspoon paprika.

Combine all ingredients and place in a gem jar. Cover and shake up vigorously. Shake each time before using. Grated onion juice is an attractive addition and, of course, if you use pickle vinegar you may not need to add the salt and sugar. This will depend on the seasoning in the vinegar.

Variations:

- 1.—Add $\frac{1}{4}$ cup tomato catsup.
- 2.—Add $\frac{1}{2}$ cup grated Roquefort cheese.
- 3.—Add 1 egg yolk; $\frac{1}{8}$ teaspoon mustard; $\frac{1}{4}$ teaspoon curry powder.
- 4.—Add 2 tablespoons condiment sauce.

CANDIED FRUIT DRESSING

$\frac{1}{4}$ cup salad oil.
2 tablespoons lemon juice.
 $\frac{1}{2}$ teaspoon salt.
Pinch of dry mustard.
 $\frac{1}{4}$ teaspoon paprika.

2 tablespoons chopped candied cherries.
2 tablespoons chopped candied pineapple.

Mix the dry ingredients with some of the lemon juice to blend them well. Now add the remaining ingredients and shake well in a covered sealer. Chill and serve, shaking well again before using.

FREAK FRENCH DRESSING

1 can tomato soup.
 $\frac{1}{2}$ cup malt vinegar.
 $\frac{1}{2}$ cup salad oil.
1 tablespoon condiment sauce.

$1\frac{1}{2}$ teaspoons grated onion.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon mustard.
 $\frac{1}{8}$ teaspoon paprika.

Combine all together and shake well in a covered jar. Chill. Makes 1 pint of dressing.

FRENCH FRUIT DRESSING.

$\frac{1}{4}$ cup salad oil.
2 tablespoons lemon juice.
1 tablespoon orange juice.

2 teaspoons fruit sugar.
 $\frac{1}{4}$ teaspoon salt.

Place all ingredients in a covered container. Shake well together. Chill before using.

MAYONNAISE

1 egg yolk.
1 teaspoon fruit sugar.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon mustard.
 $\frac{1}{8}$ teaspoon paprika.

$\frac{1}{4}$ teaspoon tobasco sauce OR
 $\frac{1}{2}$ teaspoon Worcestershire sauce.
 $\frac{1}{4}$ cup lemon juice or vinegar.
1 cup salad oil.

Mix dry ingredients. Add to egg yolk in a bowl. Beat well. Add a few drops oil. Beat—add few drops vinegar—beat. Once mixture starts to thicken the vinegar and oil can be added in large quantities alternately. Should the mixture separate, start over by beating the curdled mixture into another egg yolk. Have all ingredients quite cold.

JELLIED MAYONNAISE

1 teaspoon gelatine.
2 tablespoons cold water.

1 cup thick mayonnaise.

Soak gelatine in cold water. Dissolve over hot water. Add to mayonnaise. Chill slightly. Spread smoothly over jellied meat or vegetable loaf. Garnish and chill.



THREE WAYS TO PRESENT A SALAD

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THOUSAND ISLAND DRESSING

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| 1 cup mayonnaise. | 2 hard-cooked eggs, chopped. |
| 2 tablespoons chili sauce. | 2 tablespoons chopped olives or |
| 2 tablespoons catsup. | gherkins. |
| 2 tablespoons chopped pimiento. | |

Combine ingredients and chill before serving.

RUSSIAN DRESSING

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| 1/2 cup mayonnaise. | 2 tablespoons chopped celery. |
| 1/2 cup chili sauce. | 2 tablespoons chopped green pepper. |
| 2 tablespoons chopped olives. | 2 tablespoons chopped pimiento. |

Combine and serve over the head lettuce. 6 to 8 servings.

NEW MAYONNAISE

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| 1 egg. | 1/4 cup malt vinegar. |
| 2 tablespoons sugar. | 3/4 cup salad oil. |
| 1 1/2 teaspoons salt. | 3 tablespoons cornstarch. |
| 2 teaspoons mustard. | 1 cup water. |
| 1/8 teaspoon paprika. | |

Place egg, sugar, seasonings, vinegar and salad oil in mixing bowl, but **DO NOT STIR**. Make a paste of the cornstarch and water and cook over a slow heat until thick, clear and smooth, stirring constantly. Add the hot cornstarch mixture to the ingredients in the mixing bowl. Beat all together, briskly, with a Dover beater. Cool before serving.

SAVORY MAYONNAISE

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| 1 cup mayonnaise. | 1 tablespoon chopped salted nuts. |
| 2 tablespoons chopped green pepper. | 1 tablespoon sliced stuffed olives. |
| 2 tablespoons chopped pickled onions. | |

Combine and chill before serving.

CREAMY ROQUEFORT DRESSING

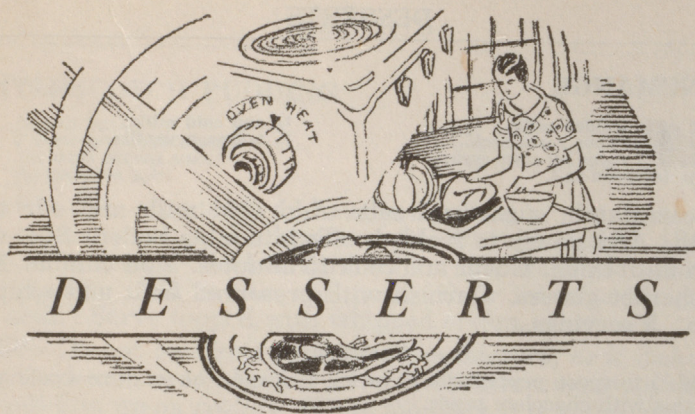
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|-----------------------------------|------------------------------|
| 2/3 cup Roquefort cream cheese OR | 2/3 cup mayonnaise. |
| 1/2 cup sieved Roquefort | 1 1/2 teaspoons lemon juice. |
| cheese AND | 1/4 cup thick cream. |
| 1/3 ounce package white cream | 1/4 teaspoon salt. |
| cheese. | |

Combine all ingredients gradually, beating in well.

EASY MAYONNAISE

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| 1/4 cup vinegar or lemon juice. | 1/2 teaspoon salt. |
| 1/4 cup salad oil or melted butter. | Few grains cayenne. |
| 2/3 cup sweetened condensed milk. | 1 teaspoon dry mustard. |
| 1 egg yolk (unbeaten). | |

Place ingredients in a pint jar in the order listed. Fasten top on jar tightly and shake vigorously for 2 minutes. The mixture will blend perfectly. If thicker consistency is desired, place jar in refrigerator to chill before serving. (This mayonnaise may also be made by stirring ingredients together in bowl.) Makes 1 1/4 cups.



THE dessert of your meal must be good because since it is the last course it leaves a lasting impression.

Modern automatic refrigeration has made certain desserts possible in the home that were unheard of except at restaurants and hotels, so serve these refrigerator molds and other things as often as you can. Easy to make ice cream powders make home-made ice cream an easier thing than you ever dreamed about. These in their various flavors as well as various ways of serving can give endless variety.

When making jellied desserts remember that the solid ingredients are never added until the jelly has set to the consistency of a fresh egg white. Added sooner, they will float or sink.

Cornstarch desserts and other cereal desserts such as tapioca, etc., should be cooked until there is no taste of raw starch. The overcooking of these mixtures causes them to lose their stiffness and to become "runny".

Steamed desserts should be cooked over constantly boiling water. There should be enough water to allow for the first hour of cooking and after that if water is added it must be boiling. Have the puddings closely covered so that there is no dripping of the steam back on to them.

Garnish your desserts attractively but use garnishes that are edible. Sometimes you can use one of the ingredients of the dessert as a garnish and, of course, whipped cream, marshmallows and fruits canned or fresh, as well as nuts, all make attractive garnishes.

BLAN ANGE

2 scalded milk.
 3 spoons cornstarch.
 1/4 cup sugar or corn syrup.
 1/8 teaspoon salt.

1/4 cup cold milk.
 1/2 teaspoon vanilla.

Mix cornstarch, sugar and salt. Add cold milk and stir until smooth. Add slowly to scalded milk in double boiler. Stir cornstarch until thick. Cover and cook 15 minutes. Add vanilla. Pour into sherbet glasses. Garnish with preserved fruit and whipped cream. 5 servings.

Variation:

1.—Add 1/4 teaspoon peppermint flavoring and color the mixture a pale green. Serve this with chocolate sauce.

BANANA BUTTERSCOTCH PUDDING

4 tablespoons butter.
 3 1/2 tablespoons cornstarch.
 1 cup brown sugar.
 2 1/4 cups milk.

1 egg.
 1/2 teaspoon salt.
 1 1/2 tablespoons caramel syrup.
 1 cup sliced bananas.

Combine butter, cornstarch and sugar. Stir together over medium heat until well blended. Add milk, salt and caramel syrup and cook until thick, about 10 minutes. Add some of hot mixture to egg yolk, return to saucepan. Cook 2 to 3 minutes. Fold in well-beaten egg white. Add bananas. Serve topped with whipped cream. Serves 6.

DATE CHOCOLATE PUDDING

3 tablespoons cocoa.
 3 tablespoons cornstarch.
 3/4 cup granulated sugar.
 1/8 teaspoon salt.

1 1/2 cups coffee infusion.
 1 egg white, stiffly beaten.
 3/4 cup chopped dates.
 1/4 teaspoon vanilla.

Combine dry ingredients. Stir in coffee. Bring to boil and boil until thick and clear. Fold in egg white carefully, then add the dates and vanilla. Add some nuts, if you wish. Pour into sherbets, chill and serve either with plain or whipped cream. Serves 6.

CHOCOLATE FLUFF

3 tablespoons cornstarch.
 3 tablespoons cocoa.
 1 cup sugar.
 1/8 teaspoon salt.

1 1/2 cups hot water.
 1 tablespoon butter.
 1/2 teaspoon vanilla.
 2 egg whites, stiffly beaten.

Mix cornstarch, sugar, cocoa and salt. Add water and mix well. Cook over direct heat, stirring constantly. When thick and clear add butter and vanilla. Beat the hot mixture into the beaten egg whites. Chill. Serve in sherbet glasses and top with cocoanut or chopped nuts and whipped cream. Serves 6.

NOTE—1/3 cup nuts may be added to mixture.

BUTTERSCOTCH PUDDING

$\frac{1}{4}$ cup butter.
2 tablespoons cornstarch.
 $1\frac{1}{2}$ cups brown sugar.
 $\frac{1}{8}$ teaspoon salt.

2 cups milk.
 $\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{4}$ cup nuts, broken.

Blend butter, cornstarch and sugar together in saucepan. Place over medium heat and allow to melt. Stir continually, allowing mixture to brown. Add salt and milk. Stir and cook until thick and smooth. Add vanilla and nuts. Pour into sherbet glasses and chill. Serve topped with whipped cream. Serves 6.

NOTE—Do not be afraid to brown this mixture, as it makes the flavor and color much better. Also, this mixture may appear thin but will firm up on cooling. When too thick it is not as attractive.

DATE CARAMEL PUDDING

$1\frac{3}{4}$ cups scalded milk.
 $\frac{1}{2}$ cup sliced dates.
 $2\frac{1}{2}$ tablespoons cornstarch.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{4}$ cup cold milk.

2 egg yolks or 1 egg.
 $\frac{1}{2}$ cup brown sugar.
1 teaspoon vanilla.
1 tablespoon caramel syrup.
 $\frac{1}{4}$ cup chopped walnuts.

Scald the dates with the milk. Mix the salt, cornstarch and cold milk. Add to the scalded milk. Cook over boiling water, stirring constantly, until thick and smooth, about 15 to 20 minutes. Beat egg yolks or egg slightly; stir in the sugar and enough hot mixture to form a mixture that will pour readily. Add this mixture to the contents of the double boiler. Add caramel syrup. Stir for 1 minute. Remove from heat, add vanilla. Pile mixture in sherbet glasses and when cool garnish with whipped cream and chopped nuts. Serves 5 to 6.

LEMON FLUFF

3 tablespoons cornstarch.
1 cup sugar.
1 tablespoon flour.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ cup cold milk.

$1\frac{1}{2}$ cups hot milk.
2 egg yolks.
Grated rind of 2 lemons.
 $\frac{1}{2}$ cup lemon juice.
2 egg whites.

Mix dry ingredients with cold milk. Add to hot milk. Cook for about 10 minutes. Add egg yolks and grated rind. Cook 5 minutes. Remove from heat and add lemon juice. Beat into the stiffly beaten egg whites. Serves 6 to 8 people.

LEMON JELLY

$1\frac{1}{2}$ tablespoons gelatine.
 $\frac{1}{3}$ cup cold water.
 $\frac{1}{2}$ cup granulated sugar.

$1\frac{1}{4}$ cups hot water.
Thin shavings of lemon rind.
 $\frac{1}{3}$ cup lemon juice.

Soak gelatine in cold water. Combine sugar, hot water and shavings of lemon rind. Boil together for 2 minutes. Strain out rind. Pour over gelatine and stir until gelatine is dissolved. Add the strained lemon juice. Mold as desired. Serve with whipped cream or custard sauce. Serves 4.

JELLIED PEARS AND GINGER

1 quantity lemon jelly recipe.
 $\frac{3}{4}$ cup pear juice.
2 tablespoons ginger syrup.
 $\frac{1}{8}$ teaspoon salt.

1 tablespoon chopped preserved
ginger.
8 halves canned pears.

Prepare lemon jelly, substituting $\frac{3}{4}$ cup pear juice for an equal amount of water in the recipe. Add ginger syrup and salt. Chill, and when very slightly set, add chopped ginger and pour into a mold, preferably a long narrow mold. Press pear halves down to the mold, rounded side down. Allow to set, unmold on to a serving dish. Garnish with little mounds of whipped cream and cherries or rubettes. Serves 8.

CHERRY SURPRISE

1 quantity lemon jelly recipe.
1 cup cherry juice.
1 cup pitted cherries, halved.

2 thinly sliced bananas.
 $\frac{1}{2}$ cup chopped walnuts.

Prepare lemon jelly recipe, substituting the cherry juice for 1 cup of the water in recipe. Chill. When partially set, add cherries, bananas and walnuts. Mold as desired and serve with whipped cream or custard sauce. Serves 6.

LEMON SNOW

1 quantity lemon jelly recipe.
 $\frac{1}{8}$ teaspoon salt.

1 egg white.

Prepare lemon jelly. When partially set, beat until foamy. Add salt to egg white and beat until stiff. Add this to the beaten jelly, beating it in well. Allow to set. Lift out in spoonfuls into sherbet glasses. Serve with custard sauce and whipped cream. Serves 6.

LIME JELLY WITH HONEYDEW BALLS

1 package lime jelly powder.
1 cup boiling water.
 $\frac{3}{4}$ cup cold water.

$\frac{1}{4}$ cup fresh lime juice.
2 tablespoons fruit sugar.
2 cups honeydew melon balls.

Pour boiling water over jelly powder. Add cold water, fruit sugar and lime juice. Stir until dissolved. Chill until partially set. Add melon balls. Turn into molds moistened with cold water. Chill until set. Unmold. Garnish with whipped cream to which chopped marshmallows have been added. Serves 6 to 8.

LIME PINEAPPLE WHIP

1 package lime jelly powder.
1 cup boiling water.
 $\frac{1}{2}$ cup pineapple juice.
 $\frac{1}{2}$ cup cold water.

1 cup crushed pineapple, well
drained.
2 egg whites, beaten stiffly.
 $\frac{1}{2}$ cup broken pecans or filberts.

Dissolve jelly powder in boiling water, add cold water and boiled pineapple juice. When partially set, beat well with egg beater, add egg whites well beaten and beat in well. Fold in pineapple and nuts. Chill. Serve topped with whipped cream. Serves 6 to 8.

JELLIED CHRISTMAS PUDDING

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|-------------------------------------|---|
| 1 package cherry jelly powder. | $\frac{1}{2}$ cup candied red and green |
| 1 cup boiling water. | pineapple. |
| $\frac{3}{4}$ cup granulated sugar. | $\frac{1}{4}$ cup halved cherries. |
| $\frac{1}{8}$ teaspoon salt. | $\frac{1}{2}$ cup seedless raisins. |
| $\frac{3}{4}$ cup fruit juice. | $\frac{1}{2}$ cup chopped figs. |
| $\frac{3}{4}$ cup chopped nuts. | $\frac{1}{2}$ cup chopped dates. |

Combine water and sugar. Bring to a boil and pour over jelly powder. Stir until dissolved. Add salt and fruit juice. Chill and allow to partially set. Stir in the other ingredients. Pour into moistened fancy mold. Serve garnished with whipped cream and cherries. Serves 6.

NOTE—The fruit juices may be orange and lemon juice or the canned pineapple juice would be quite delicious used in this.

TUTTI FRUTTI CREAM

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| 1 package pineapple jelly powder. | 1 cup diced marshmallows. |
| 1 cup boiling water. | $\frac{1}{2}$ cup shredded almonds. |
| 1 cup cold water. | 2 tablespoons chopped candied |
| 1 cup whipping cream. | ginger. |
| $\frac{1}{2}$ cup strawberry jam. | |

Dissolve jelly powder in boiling water. Add cold water. Chill and allow to set. Whip cream and add to it the pineapple gelatine which has been chopped into cubes with a knife. Now add all the other ingredients. Chill well and serve in sherbet glasses, topped with a green cherry.

PINEAPPLE AND BRAZILS IN JELLY

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| 2 tablespoons gelatine. | 1 cup orange juice. |
| $\frac{1}{2}$ cup cold water. | $\frac{1}{8}$ teaspoon salt. |
| $\frac{1}{2}$ cup boiling water. | $\frac{1}{4}$ cup sliced Brazil nuts. |
| 1 cup sugar. | $\frac{3}{4}$ cup diced canned pineapple. |
| $\frac{1}{4}$ cup lemon juice. | |

Soak gelatine in cold water. Dissolve sugar in boiling water. Bring to the boil and remove at once. Stir in the gelatine until dissolved. Cool and add the lemon juice, orange juice and salt. Chill until partially set and fold in the pineapple and Brazils. Mold as desired or serve in sherbets. Chill well and serve with custard or whipped cream. Serves 6.

JELLIED FRUIT CAKE

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| 2 tablespoons gelatine. | 1 teaspoon finely grated lemon |
| $\frac{1}{4}$ cup cold water. | rind. |
| $\frac{1}{2}$ cups boiling water. | $\frac{1}{8}$ teaspoon salt. |
| $\frac{3}{4}$ cup granulated sugar. | 6 pieces dark fruit cake. |
| $\frac{1}{3}$ cup lemon juice. | |

Soak gelatine in cold water. Combine sugar, boiling water and rind. Bring to boil and boil 1 minute. Add gelatine, and when cool, add the lemon juice and salt. Allow to partially set. Now place half the jelly in a shallow tin moistened with cold water. Place the slices of cake on top, then pour the remaining jelly over all. Chill well. Cut into servings, having 1 slice of cake to each serving. Serve with chilled custard or whipped cream. Serves 6.

JELLIED RHUBARB AND FILBERTS

1 package lemon jelly powder.
1 cup boiling water.

1½ cups sweetened rhubarb sauce.
¼ cup shredded filberts.

Dissolve jelly powder in boiling water. Add cold rhubarb sauce and allow to partially set. Add filberts. Chill in individual molds. Serve unmolded, topped with whipped cream. Serves 6.

GRAPE SPONGE

1 tablespoon gelatine.
2 tablespoons cold water.
1 cup boiling grape juice.
½ cup granulated sugar.

1 tablespoon lemon juice.
⅓ teaspoon salt.
1 egg white.
½ cup shredded cocoanut.

Soak gelatine in cold water. Meanwhile prepare grape juice by cooking 4 cups grapes and ¼ cup water to a mush and straining. Measure 1 cup of juice. Add sugar to juice and reheat to boiling. Add gelatine. Stir until dissolved. Cool, and when partially set, beat in the stiffly beaten egg white and cocoanut. Pile into sherbets or mold in fancy mold. Serve with custard or whipped cream. Serves 6.

NOTE—For an attractive and easy pie use the above filling in a vanilla wafer crust. Top it with whipped cream and sprinkle with toasted or tinted cocoanut and nothing could be nicer.

PLUM SPONGE

1 tablespoon gelatine.
2 tablespoons cold water.
1½ cups plum pulp and juice
(pressed through a sieve).

2 egg whites.
⅓ teaspoon salt.
2 tablespoons fruit sugar.

Soak gelatine in cold water. Press pulp and juice through a sieve, measure and heat to boiling. Add gelatine to boiling fruit juice. Chill until partially set. Beat egg whites and salt until stiff. Add sugar gradually. Beat the jelly and add the egg whites. Beat until all is combined well. Chill and serve with custard sauce. Serves 6.

BLUEBERRY SPONGE

1 tablespoon gelatine.
2 tablespoons cold water.
1¼ cups blueberry juice
(unsweetened).
¾ cup sugar.

1 tablespoon orange juice.
1 tablespoon lemon juice.
⅓ teaspoon salt.
2 egg whites.

Soak gelatine in cold water. Combine sugar and blueberry juice. Heat slowly to boiling. Add gelatine, fruit juices and salt. Allow to partially set. Beat egg whites until stiff, then beat into the jelly mixture. Chill until set. Pile in sherbet glasses with custard sauce and whipped cream. Serves 6.

NOTE—Prepare the blueberry juice by cooking 2 cups blueberries and 1 cup water until berries are soft, then press through the sieve.

APRICOT WHIP

1½ tablespoons gelatine.
¼ cup cold water.
½ cup boiling water.
½ cup granulated sugar.

¾ cup strained apricots.
2 tablespoons lemon juice.
2 egg whites, stiffly beaten.
⅛ teaspoon salt.

Soak gelatine in cold water. Combine sugar and boiling water. Reheat to boiling and dissolve the sugar. Add gelatine and apricots. Allow to partially set. Beat until foamy. Add the well-beaten egg white and salt and beat until well blended and fluffy. Chill and serve with whipped cream. Serves 6.

PINEAPPLE SNOW

1½ tablespoons gelatine.
¼ cup cold water.
1 cup shredded fresh pineapple.
½ cup granulated sugar.

¾ cup boiling water.
1 tablespoon lemon juice.
2 egg whites, stiffly beaten.

Soak gelatine in cold water. Combine pineapple, sugar and boiling water and bring to boil for 2 minutes. Add lemon juice. Cool and allow to partially set. Beat in egg white. Allow to set. Pile in sherbet glasses, alternating "snow" and custard sauce. Garnish with cocoanut faintly tinted green. Serves 6.

NOTE—Please do not ignore the point in the recipe of bringing the pineapple to a full boil. Fresh pineapple contains a destroying enzyme which will kill the jelling powers of gelatine—so don't forget to do it or you'll have soup instead of a jelly.

BANANA AND LEMON SPONGE

1 tablespoon gelatine.
¼ cup cold water.
½ cup sugar.
1¼ cups hot water.

2 tablespoons lemon juice.
¾ cup crushed banana.
2 egg whites.
⅛ teaspoon salt.

Soak gelatine in cold water. Combine the sugar, hot water and bring to boil. Pour this over the gelatine and stir until dissolved. Add the lemon juice and chill until slightly set. Add the bananas and beat until foamy. Now fold in the egg whites stiffly beaten with the salt. Pour into moistened molds, or arrange in sherbet glasses. Serve with custard sauce. Serves 6.

MAPLE SPONGE

1 cup maple syrup.
3 egg yolks.
¼ teaspoon salt.

1 tablespoon gelatine.
⅓ cup cold water.
3 egg whites.

Place the maple syrup in the double boiler. Heat and then add the hot syrup to the slightly beaten egg yolks. Return to stove and cook for 5 minutes. Add the salt. Soak the gelatine in the cold water and add to the hot mixture. Strain and chill until partially set. Beat the egg whites and while beating add the gelatine mixture, beating it in well. Turn into an oiled mold and chill until set. Unmold and serve with whipped cream. This dessert is rather rich and will serve 6 to 8.

SPANISH CREAM

1½ tablespoons gelatine.
¼ cup cold water.
3 egg yolks.
¾ cup sugar.
¼ teaspoon salt.

3 cups milk.
1 teaspoon vanilla.
3 egg whites.
¼ cup sugar.

Soak gelatine in cold water. Scald the milk and add to the egg yolks, sugar and salt beaten together. Cook, stirring constantly, until it coats a spoon. Dissolve gelatine in the hot mixture. Cool and add vanilla. As mixture begins to thicken, fold in the meringue made from the stiffly beaten egg whites and sugar. Mold and chill. Serve with whipped cream and cherries.

Variation:

CHOCOLATE SPANISH CREAM—Melt 1 square grated unsweetened chocolate in the scalded milk and add 3 extra tablespoons sugar.

LEMON BAVARIAN CREAM

1 tablespoon gelatine.
2 tablespoons cold water.
¾ cup boiling water.
1 cup granulated sugar.

1 teaspoon grated lemon rind.
½ cup lemon juice.
⅛ teaspoon salt.
1 cup 32 per cent. cream, whipped.

Add gelatine to cold water and soak 5 minutes. Add combined boiling water, sugar and lemon rind. Add lemon juice and salt. Allow to stand in cool place and partially set. Beat until light and fluffy. Fold in whipped cream. Place in oiled or moistened mold and chill until firm. Unmold and garnish with cherries. Serves 6.

STRAWBERRY BAVARIAN CREAM

1½ tablespoons gelatine.
¼ cup cold water.
¼ cup sugar.
½ cup water.

1½ cups crushed, sweetened berries.
⅛ teaspoon salt.
1 cup 32 per cent. cream, whipped.

Soak gelatine in cold water, and dissolve in the sugar and water which have been brought to the boil together. Cool. Add crushed fruit. Chill well, stirring occasionally, until beginning to thicken. Now fold in the whipped cream. Turn into an oiled or moistened mold and leave in refrigerator to set. Unmold on serving plate and garnish with whipped cream and whole berries. Serves 6.

ORANGE CHARLOTTE

2 tablespoons gelatine.
½ cup cold water.
½ cup boiling water.
1 cup sugar.
3 tablespoons lemon juice.

1 cup orange juice and pulp.
2 egg whites.
⅛ teaspoon salt.
½ cup 32 per cent. cream, whipped.

Soak gelatine in cold water. Dissolve sugar in boiling water. Add soaked gelatine to boiling liquid. Cool, and add lemon juice, orange juice and pulp. Chill until partially set. Beat until foamy, then beat in the stiffly beaten egg white and salt. Fold in whipped cream. Chill well. Pile in sherbet glasses. Garnish with sections of orange and pale green cocoanut. Serves 6.

MAPLE ALMOND CHARLOTTE

1½ tablespoons gelatine.
½ cup cold water.
¾ cup scalded milk.
½ cup maple syrup.
2 egg yolks.

¼ teaspoon salt.
½ teaspoon vanilla.
2 egg whites.
½ pint 32 per cent. cream, whipped.
½ cup chopped toasted almonds.

Soak gelatine in cold water. Scald milk, syrup and salt together. Add to slightly beaten egg yolks. Return to stove and cook until thick. Add gelatine and vanilla. Stir until dissolved. Chill, and when partially set, fold in the beaten egg whites, then the whipped cream and almonds. Arrange in sherbet glasses and garnish with whipped cream and mint cherries. Serves 8.

RASPBERRY CHARLOTTE

1½ cups red raspberries.
½ cup fruit sugar.
Pinch of salt.

1 tablespoon gelatine.
2 tablespoons cold water.
1 cup 32 per cent. cream, whipped.

Press berries through sieve to remove seeds. Add sugar and salt. Soak gelatine in cold water and dissolve over hot water. Stir into fruit juice and allow mixture to partially set. Fold in whipped cream. Pour into large dessert dish or sherbet glasses lined with lady fingers or strips of sponge cake. Garnish with cream and whole berries. Serves 6.

GRAPE TRIFLE

2 cups grape juice.
½ pound lady fingers or stale
sponge cake fingers.
1 package vanilla jelly powder.

1 cup sliced peaches.
1 pint cooked custard.
½ pint 32 per cent. cream, whipped.

Line large glass bowl with lady fingers and gently pour on the grape juice. Allow it to stand about ½ hour. Dissolve the jelly powder as directed on the package. When cool, but before it is set, pour it over the cake. Allow it to set. Place the peaches in the bowl next and then pour on the chilled custard. Top with whipped cream and serve garnished with red cherries and chopped mauve almonds. Serves 8.

JELLIED APPLES

4 red apples.
¾ cup granulated sugar.
1 cup boiling water.
Thin shavings of lemon rind.

1 tablespoon gelatine.
¼ cup cold water.
1½ cups apple syrup.
2 tablespoons lemon juice.

Combine sugar, water and lemon rind. Boil 3 minutes, remove rind. Drop in sections of apple, pared and cored. Cook slowly in syrup until clear, covered part of the time. Lift sections out carefully so as not to break. Measure syrup, add water to make up to 1½ cups. Soak gelatine in cold water. Add to boiling syrup and lemon juice. Chill, and when partially set, add apple sections, carefully folding them into the jelly. Pile into sherbet glasses and serve with custard sauce or whipped cream. Serves 6.

LAYERED BANANA PUDDING

1 cup sugar.
 2½ tablespoons flour.
 ¼ teaspoon salt.
 2 egg yolks.
 ½ tablespoon grated lemon rind.

1½ cups water.
 24 vanilla wafers.
 4 bananas, sliced.
 2 tablespoons lemon juice.

Combine sugar, flour, salt, egg yolks, lemon rind and water. Cook until thick. Cool. Line bowl with vanilla wafers then bananas. Sprinkle with lemon juice. Cover with custard mixture. Repeat layers. Chill 2 to 3 hours. Garnish with whipped cream and colored almonds. Serves 6 to 8.

PEAR MERINGUES

6 pear halves.
 ½ cup orange juice.
 2 egg whites.

⅛ teaspoon salt.
 4 tablespoons fruit sugar.
 2 tablespoons chopped orange peel.

Drain pear halves and dip in orange juice. Arrange pears in a baking dish, cut side up. Fill centres with orange peel and cover with a rounded spoonful of meringue made from the egg whites, sugar and salt. Bake at 300 degrees F. for 20 minutes and serve warm. Serves 4 to 6.

BANANA MERINGUES

2 egg whites.
 ⅛ teaspoon salt.
 ½ cup fruit sugar.

½ cup cocoanut.
 ¼ teaspoon vanilla.
 3 bananas.

Beat egg whites and salt until stiff. Add sugar gradually and beat it in. Fold in cocoanut and vanilla. Place 6 flat rectangles of the mixture on a lightly buttered baking sheet. On this place a half banana, cut crosswise. Cover with remaining meringue and bake at 300 degrees F. for 30 minutes. Cool slightly and serve with or without whipped cream. Serves 6.

PEAR PORCUPINES

6 large pears.
 ½ cup chopped figs.

1 teaspoon lemon juice.
 ½ cup blanched almonds.

Cut the pears in uneven halves, remove cores with a teaspoon and fill with chopped figs mixed with lemon juice. Place the halves together and fasten with toothpicks. Arrange on plate for steaming. Steam until soft, about 10 to 15 minutes. Cut almonds in quarters lengthwise and stick all over pears to give a prickly effect. Serve with the following sauce:

¾ cup liquid (juice from pears
 with water).
 ½ tablespoon cornstarch.
 ¼ cup brown sugar.

1 tablespoon lemon juice.
 ⅛ teaspoon nutmeg.
 ¼ teaspoon salt.
 ½ tablespoon butter.

Mix cornstarch, sugar, liquid and seasonings. Cook, stirring constantly, until thickened. Add butter and lemon juice. Pour over porcupine pears. Serves 6 people.

CHILLED BANANA AND DATE ROLL

$\frac{1}{2}$ cup 32 per cent. cream, whipped.
16 marshmallows, finely cut.
1 cup finely chopped dates.

2 cups diced bananas.
 $\frac{1}{2}$ cup finely chopped pecans.
5 graham crackers, rolled.

Fold marshmallows, dates, bananas and nuts into whipped cream. Shape into a roll 3 inches thick. Roll in graham cracker crumbs. Chill for several hours. Slice and serve with whipped cream and sliced bananas. Serves 8.

COCOANUT APPLE BETTY

4 tart apples, pared and thinly sliced.
1 cup soft bread crumbs.
1 cup shredded cocoanut.

$\frac{1}{2}$ cup brown sugar.
 $\frac{1}{2}$ teaspoon cinnamon.
4 tablespoons butter.

Arrange alternating layers of all ingredients in greased casserole until they are all used, having the cocoanut on top. Cover and bake in moderate oven, 350 degrees F., for 35 minutes. Uncover and bake 10 minutes longer until browned on top and apples are tender. Will serve 6.

NOTE—If by chance you have some stale cake crumbs, use these in place of the bread crumbs and reduce the sugar slightly. A little lemon juice can be added, if desired.

RHUBARB WHIP

$1\frac{1}{2}$ tablespoons gelatine.
 $\frac{1}{4}$ cup cold water.
2 cups hot, stewed, sweetened rhubarb.

1 tablespoon lemon juice.
2 egg whites.
 $\frac{1}{8}$ teaspoon salt.

Soak gelatine in cold water. Add to hot rhubarb. Stir until dissolved and add lemon juice. Place in the refrigerator and allow to partially set. Beat egg whites with salt until stiff. Add the jellied mixture and continue to beat. Turn into oiled molds and chill, or pile into sherbet glasses after chilling. Serve with custard sauce made from the 2 egg yolks. Serves 6.

RHUBARB BETTY

3 cups diced rhubarb.
 $1\frac{1}{4}$ cups brown sugar.

$2\frac{1}{2}$ tablespoons butter.
1 cup dry bread crumbs.

Arrange half of the rhubarb in a shallow baking dish. Sprinkle with half of the sugar and crumbs. Dot with butter. Arrange in remaining ingredients, having crumbs on top. Bake at 375 degrees F. for 30 minutes. Serves 6.

NOTE— $\frac{1}{2}$ cup seedless raisins may be added, if desired.

RHUBARB HONEY TAPIOCA

4 cups diced rhubarb.
 $\frac{2}{3}$ cup honey.

2½ tablespoons minute tapioca.
2 tablespoons orange juice.

Combine all ingredients in top of double boiler. Cook, covered, for 20 minutes, stirring occasionally. Chill and serve topped with whipped cream. Serves 6.

CREAMY RICE

$\frac{1}{4}$ cup uncooked rice.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup sugar.

1 tablespoon butter.
3 cups milk.
 $\frac{1}{2}$ teaspoon vanilla.

Boil rice in water for 10 minutes. Drain. Add other ingredients. Pour into buttered baking dish. Bake for 3 hours at 275 degrees F., stirring often during first hour.

NOTE—Raisins may be added during the last ½ hour, if desired. This is a particularly delicious recipe and can be baked along with baked potatoes and a meat, such as a meat loaf, for dinner, giving you a whole meal in the oven.

RICE MOLD

$\frac{1}{4}$ cup rice.
 $\frac{3}{4}$ cups hot milk.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup granulated sugar.

$\frac{1}{2}$ tablespoon gelatine.
2 tablespoons cold water.
 $\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{8}$ teaspoon almond flavoring.

Boil rice in large amount of boiling water for 10 minutes. Drain. Add to hot milk. Cook in double boiler until rice is tender (about 1 hour). Add salt and sugar. Soak gelatine in cold water and dissolve in hot rice. Add flavoring. Turn into moistened molds. Chill. Serve unmolded with fruit sauce. Makes 6 molds.

RICE AND APPLE DELIGHT

1½ cups cooked rice.
1 cup pineapple tidbits.
 $\frac{1}{3}$ cup granulated sugar.

1 cup diced apple.
12 marshmallows cut in pieces.
 $\frac{1}{2}$ cup 32 per cent. cream, whipped.

Combine all ingredients, folding in whipped cream at the last. Place in serving glasses. Chill. Serve with whipped cream or sprinkled with colored cocoanut. Serves 8.

PEACH RICE FLUFF

2 cups cooked rice.
1 cup diced peaches (canned).
 $\frac{1}{2}$ cup blanched browned almonds.

2 tablespoons fruit sugar.
 $\frac{1}{2}$ cup 32 per cent. cream, whipped.

Combine all ingredients, mixing lightly with a fork. Chill. Pile into sherbet glasses. Garnish with slices of peach.

NOTE—Fresh peaches may be used when in season, also fresh or canned pineapple. Serves 6.

PECAN RICE BUTTERSCOTCH

$\frac{1}{3}$ cup rice.
2 cups scalded milk.
 $\frac{1}{2}$ teaspoon salt.
1 tablespoon caramel syrup.

1 cup brown sugar.
3 tablespoons butter.
1 egg.
2 tablespoons chopped pecans.

Cook rice until tender in milk, to which salt has been added. Add caramel syrup. Combine sugar, butter and egg and add to rice. Continue to cook until thick in double boiler. Add nuts. Chill and serve with whipped cream. Serves 6. It may be served warm with plain cream, but is rather rich this way.

BRAZIL RICE CUSTARD

$\frac{1}{2}$ cup rice.
2 quarts boiling water.
 $\frac{1}{2}$ teaspoon salt.
2 cups scalded milk.
 $\frac{3}{4}$ cup brown sugar.
 $1\frac{1}{2}$ tablespoons flour.

$\frac{1}{8}$ teaspoon salt.
1 egg yolk.
 $\frac{1}{4}$ cup milk.
 $\frac{1}{2}$ teaspoon vanilla.
2 tablespoons sliced Brazil nuts.
1 egg white, stiffly beaten.

Boil rice in the salted boiling water until almost tender. Drain and rinse in cold water. Scald the 2 cups milk and to it add a paste made from the flour, brown sugar, salt, egg yolk and milk. Cook and stir until thick and add the rice. Cook another 10 minutes, then add the vanilla, Brazils and fold in the egg white. Chill and serve with whipped cream. Serves 6 to 8.

MOCHA RICE PUDDING

$\frac{1}{2}$ cup rice.
 $1\frac{1}{4}$ cups strong coffee infusion.
 $2\frac{1}{2}$ cups milk.

$\frac{3}{4}$ cup brown sugar.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup chopped blanched almonds.

Wash rice and place in baking dish. Add other ingredients except nuts. Place in oven at 325 degrees F. for $2\frac{1}{2}$ to 3 hours or until rice is soft and mixture creamy. Stir occasionally during first hour to prevent rice from sticking to bottom. Add nuts during last $\frac{1}{2}$ hour, sprinkled over the top. These may be omitted if desired. Serve warm with cream and sugar. This is a splendid dessert for the oven meal. Serves 6.

LEMON CREAM RICE

$\frac{1}{2}$ cup rice.
3 cups milk.
 $\frac{1}{2}$ cup sugar.
 $\frac{3}{4}$ teaspoon salt.
2 egg yolks.

4 teaspoons lemon juice.
1 teaspoon grated lemon rind.
2 egg whites.
3 tablespoons fruit sugar.

Wash rice and place in a double boiler with the milk. Cook until rice is soft, stirring occasionally with a fork. Add sugar, lemon rind and juice, salt and beaten egg yolks. Turn into buttered casserole. Beat egg whites until stiff, gradually add the powdered sugar. Pile this meringue on the pudding. Bake at 325 degrees F. for about 15 to 20 minutes or until lightly browned. Serves 6.

PLUM COMPÔTE WITH RICE

2 cups cooked rice.
2 egg whites.
4 tablespoons fruit sugar.

$\frac{1}{2}$ cup blanched chopped almonds.
 $\frac{1}{8}$ teaspoon almond flavoring.
1 can preserved plums.

Beat egg whites until stiff, adding sugar gradually. Fold in rice, almonds and flavoring. Meanwhile, place a spoonful of plums in each sherbet glass, then put in a mound of rice mixture and pour more plums over the top. Serves 6.

GLORIFIED CHOCOLATE RICE

3 cups cooked rice.
 $\frac{1}{2}$ cup toasted almonds.
 $\frac{1}{2}$ cup chopped marshmallows.

2 egg whites.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ cup fruit sugar.

Combine rice, almonds and marshmallows. Beat egg whites with salt until stiff. Add sugar gradually and beat in well. Fold rice mixture into this and pile in sherbet glasses. Serve with chocolate mint sauce. Serves 6.

CRISPIE CREAM

4 cups rice krispies.
1 cup 32 per cent. cream, whipped.

$\frac{1}{2}$ cup liquid honey, or maple syrup.

Combine all ingredients. Pile in sherbet glasses. Garnish with red cherries and serve as soon as possible. Serves 8.

STRAWBERRY COMPÔTE WITH RICE AND RAISINS

$1\frac{1}{2}$ cups whole strawberries.
 $1\frac{1}{2}$ cups granulated sugar.
 $\frac{3}{4}$ cup water.
2 cups boiled rice.

$\frac{1}{2}$ cup chopped pecans or almonds.
 $\frac{1}{2}$ teaspoon lemon juice.
 $\frac{1}{4}$ teaspoon salt.

Wash and hull berries. Cook in syrup made from sugar and water for about 15 minutes or until syrup thickens slightly. (This will depend on how fast it is boiled.) Cool. Add $\frac{1}{2}$ cup of this syrup to the combined rice, nuts, lemon juice and salt. Arrange rice mixture in sherbets and pour the strawberries and remaining syrup over the rice. Top with whipped cream. Serves 6.

HONEY CRISP ROLL

$\frac{1}{2}$ cup chopped dates.
 $\frac{1}{3}$ cup chopped nuts.
8 marshmallows, chopped.

$\frac{1}{4}$ cup honey.
 $\frac{1}{2}$ pint 32 per cent. cream.
 $1\frac{1}{2}$ cups rolled rice krispie crumbs.

Combine dates, nuts, marshmallows, honey and 1 cup of the rolled rice krispie crumbs. Fold this into the whipped cream. Shape this mixture into a roll and cover with the remaining crumbs. Roll snugly in wax paper. Chill over night. Serve in slices, topped with whipped cream and maraschino cherries. Serves 6.

CRISPIE DATE PUDDING

2 eggs.
1 cup granulated sugar.
1½ tablespoons sweet milk.
1 teaspoon baking powder.

1 cup rolled rice krispies.
1 cup chopped nuts.
1 cup chopped dates.

Beat the eggs and add the sugar and the milk. Mix the baking powder with the crumbs and add to the first mixture with the nuts and the dates. Put into buttered casserole and set in a pan of hot water in a moderate oven, 375 degrees F., for about 40 minutes. Serve warm or cold with plain or whipped cream. Serves 6.

TAPIOCA FLUFF

2½ tablespoons minute tapioca.
½ cup sugar.
¼ teaspoon salt.
1 egg yolk.

2 cups milk.
1 egg white, stiffly beaten.
½ teaspoon flavoring.

Combine minute tapioca, sugar (I like to use brown sugar), salt, egg yolk and milk. Cook in double boiler for 10 to 12 minutes, stirring frequently. Remove from heat and fold gradually into stiffly beaten egg white. Add flavoring and chill. Pile into sherbet glasses and garnish with whipped cream and browned cocoanut. Serves 6.

LEMON TAPIOCA FLUFF

In the Tapioca Fluff recipe omit flavoring and add 2 teaspoons grated lemon rind, 1 tablespoon lemon juice, 2 tablespoons sugar.

COFFEE TAPIOCA FLUFF

¼ cup minute tapioca.
½ teaspoon salt.
1 cup strong coffee infusion.
2 cups scalded milk.
½ cup sugar.

1 egg yolk.
1 egg white.
1½ tablespoons fruit sugar.
½ cup shredded cocoanut.

Cook minute tapioca with salt, coffee and milk in double boiler for 15 minutes or until tapioca is clear. Add sugar and egg yolk. Cook 2 minutes. Beat fruit sugar into egg white. Beat until stiff. Fold this into the tapioca mixture. Pile into sherbet glasses and sprinkle with cocoanut. Top with whipped cream. Serve chilled well. Serves 6.

PINEAPPLE TAPIOCA FLUFF

¼ cup minute tapioca.
¼ teaspoon salt.
3 cups hot pineapple juice and water.

⅓ cup sugar.
1 cup crushed canned pineapple.
1 egg white, stiffly beaten.

Combine tapioca, salt, pineapple juice and water. Cook in double boiler for 15 minutes or until clear. Stir often. Add sugar and pineapple. Fold into the stiffly beaten egg white. Chill. Arrange in sherbets, garnished with whipped cream. Makes 6 servings.

COCOANUT MAPLE TAPIOCA

2½ tablespoons minute tapioca.
½ cup maple syrup.
¼ teaspoon salt.
2 cups milk.

1 egg yolk.
¼ teaspoon vanilla.
½ cup shredded cocoanut.
1 egg white, stiffly beaten.

Combine tapioca, syrup, salt and milk. Cook until tapioca is clear. Add beaten egg yolk. Cook 2 minutes longer. Add vanilla and cocoanut. Fold in egg white. Pile in sherbet glasses and top with whipped cream. Serves 6.

APPLE SAGO PUDDING

⅓ cup sago.
3 cups milk.
½ cup sugar.
1 cup diced apples.

⅓ teaspoon salt.
Flavoring (nutmeg, vanilla, orange
or lemon rind).

Soak sago for 1 hour in milk. Add apples and sugar. Cook in top of double boiler until sago is clear—about 35 minutes. Chill. Serve garnished with whipped cream or custard sauce. Will serve 4 to 6.

NOTES ON BAKED CUSTARDS

Firm custard or baked custard is much like the soft custard in make-up and with this we have to guard against the same tendency to over-cook or to cook too quickly. For this we use a method that is called oven-poaching. To oven-poach you place the dish containing the custard into a pan of hot water before placing it in the oven. The test for a cooked firm custard is really the reverse of a soft custard. Moisten a silver or stainless steel knife, insert it into the middle of the custard and it should come out clean. A watery or bubbly-looking custard is an over-cooked one, so guard against it.

BAKED CUSTARD

3 cups milk, scalded.
⅓ cup granulated sugar.
¼ teaspoon salt.

3 eggs.
½ teaspoon vanilla, or
Few gratings of nutmeg.

Scald milk. Beat eggs slightly and add sugar and salt. Add scalded milk and flavoring. Strain into custard cups. Oven-poach at 350 degrees F. until firm—individuals will take 40 minutes, a large custard 60 minutes. Will make 6 individual custards.

Variations:

1. **CARAMEL CUSTARD**—Add ¼ cup caramel syrup; ¼ teaspoon vanilla.
2. **GRAPENUT CUSTARD**—Add ½ cup grapenuts.
3. **COCOANUT CUSTARD**—Add ½ cup shredded cocoanut.

JAM CUSTARD

Prepare and bake a regular custard. Spread over top with jam and top with a meringue. Place in oven to brown meringue. To prevent over-cooking of custard, set the dish in cold water during the browning of the meringue.

NOTES ON SOFT CUSTARDS

The soft custard is used over fruits or jellies and is a bad offender where curdling is concerned. The curdling comes from over-cooking and the best way to guard against this is to cook it only until it coats a silver spoon. I usually stir it with a silver spoon so that I can tell the very instant that it is done. When it is done, lift the pan immediately from the heat and set it down into a container of cold water so that the cooking is checked as quickly as possible. Should a curdling begin to appear, the Dover beater is brought into quick action and beat the mixture smooth. Another preventive against the curdling of a soft custard is the addition of a small amount of cornstarch. To me, this seems to give a smoother custard and the possibility of curdling is at a minimum.

SOFT CUSTARD

1 cup scalded milk.
2 egg yolks.
1 tablespoon sugar.

$\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon cornstarch.
 $\frac{1}{4}$ cup cold milk.

Heat milk. Beat yolks slightly. Add sugar, salt, cornstarch and milk. Add some of hot milk to this mixture, then return to hot milk and cook slowly until thick. Cool quickly. Use over fruit, or jellies, or over cooked rice to make a rice custard.

NOTE—This is the type of custard desirable for trifles.

MACARON CREAM

4 egg yolks.
1 tablespoon flour.
1 cup fine granulated sugar.
1 cup milk.

$\frac{1}{2}$ teaspoon rum or almond
flavoring.
2 dozen cocoanut macaroons.
 $\frac{1}{4}$ pound blanched almonds.

Beat the eggs well and add the flour and sugar. Add the milk and mix well together. Place in top of double boiler and stir constantly until thick. Arrange the macaroons in the bottom of an attractive serving dish. Over this pour the custard (which should be the most delightfully smooth thing you have ever made). On top pile a meringue made by beating 4 egg whites until stiff and then add 6 tablespoons fine granulated sugar. Cover with the chopped almonds and place under the heated broiler to brown on top. Serve cold to 6 or 8 people.

PLAIN JUNKET

1 junket tablet.
1 tablespoon cold water.
2 tablespoons sugar.

1 pint milk.
1 teaspoon vanilla.

Crush tablet, dissolve in cold water. Add sugar to milk, heat over hot water to lukewarm. Remove from heat, stir in tablet and flavoring. Pour into sherbet glasses. Let stand at room temperature for 20 minutes or until set.

FRUIT JUNKET

Place 1 tablespoon of crushed pineapple, preserved raspberries, strawberries or cherries in bottom of sherbet glass, then pour on junket mixture, cutting the vanilla quantity in half.

CARAMEL JUNKET

Omit $\frac{1}{4}$ cup milk from plain junket. Add $\frac{1}{4}$ cup thick caramel syrup. Continue as in plain junket.

NOTE—Do not “jiggle” the junket while it is setting. Also, the junket will not set if the milk is beyond lukewarm.

MAPLE SYRUP JUNKET

1 pint milk.
3 tablespoons maple syrup.
 $\frac{1}{8}$ teaspoon salt.

1 junket tablet.
1 tablespoon cold water.

Heat milk and syrup to lukewarm only. Add the salt. Meanwhile dissolve the junket tablet in cold water and add to the lukewarm milk. Stir only enough to mix the dissolved tablet into the milk. Pour into sherbet glasses and allow to stand in warm room until set. Then chill and serve with whipped cream. Sprinkle with finely chopped burnt almonds. Serves 4 to 5.

BAKED GRAPE SOUFFLÉ

2 tablespoons butter.
1 cup granulated sugar.
 $\frac{1}{4}$ cup pastry flour.
Few grains salt.

2 tablespoons lemon juice.
Grated rind of 1 lemon.
3 eggs.
 $1\frac{1}{2}$ cups grape juice.

Cream butter, add the sugar and continue to cream well together. Add the flour and salt, the lemon juice and rind. Beat the egg yolks until light, add the grape juice and combine the first mixture. Lastly fold in the stiffly beaten egg whites and turn into a buttered casserole. Bake at 375 degrees F. for about 45 minutes. Serve either hot or cold to 6 people.

HONEY JUNKET

2 cups milk.
2 tablespoons honey.
Few grains salt.

1 junket tablet.
1 tablespoon cold water.
¼ teaspoon vanilla.

Combine milk, honey and salt. Heat in double boiler until luke-warm. Remove from heat and add the vanilla. Pour into sherbet glasses and leave to set in a warm place without moving. When set, chill well in the refrigerator. 6 servings.

DATE SOUFFLÉ

2 tablespoons butter.
2 tablespoons flour.
¾ cup milk.
⅓ cup sugar.

⅓ teaspoon salt.
3 eggs.
½ cup chopped dates.

Melt butter, blend in flour and slowly stir in the milk. Cook over a low fire until thick and smooth. Let cool and add the egg yolks. Add the dates and then carefully fold in the beaten egg whites. Pour into a buttered baking dish and bake at 325 degrees F. for 35 to 40 minutes. Serve warm with:

SAUCE FOR DATE SOUFFLÉ

3 tablespoons butter.
¾ cup fruit sugar.

2 tablespoons cream.
¼ teaspoon lemon extract.

Cream the butter and add the sugar gradually. Beat in the cream, a teaspoon at a time. Add flavoring and serve in a mound on each slice of pudding. Serves 6.

CARAMEL SYRUP

1 cup granulated sugar.

1 cup boiling water.

Put sugar in frying pan. Place on a slow heat on the stove. Stir until sugar is melted. Allow to bubble and cook until it becomes a golden brown. Remove from the fire, add the cup of water. This will splutter and splatter, but will soon settle down. Return to the stove and stir until the melted sugar and water are blended. Cook for about 5 minutes or until slightly thickened.

FILLED ANGEL CAKE

1 large angel cake.
½ pound peanut or almond brittle.

1 quart vanilla ice cream
(chocolate or coffee).

Scoop out the angel cake leaving a shell of about 1 inch depth. Into this, pack the ice cream and over the ice cream and cake sprinkle the peanut brittle that has been put through the mincer. Serve in sections to 6 or 8.

HER MAJESTY'S PUDDING

$\frac{1}{2}$ cup pineapple syrup.
 $\frac{3}{4}$ cup granulated sugar.
1 cup diced pineapple.
1 tablespoon lemon juice.
 $1\frac{1}{2}$ cups bread cubes.
2 egg yolks.

$1\frac{1}{2}$ cups milk.
 $\frac{1}{4}$ cup shredded cocoanut.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon grated lemon rind.
2 egg whites.
3 tablespoons fruit sugar.

Combine pineapple syrup and sugar and boil for 2 minutes. Add lemon juice. Cool and pour over the bread cubes and pineapple arranged in a greased baking dish. Beat egg yolks slightly, add milk, salt, lemon rind and cocoanut. Pour this over the ingredients in the baking dish. Place in oven and oven-poach at 350 degrees F. for 30 minutes. Now beat the egg whites until stiff. Add the sugar gradually and beat in well. Spread this meringue on the partly baked mixture, then continue to bake at 325 degrees F. for 30 minutes longer. Chill slightly before serving. Serves 6 to 8.

TIP-TOP CRUMB PUDDING

1 square unsweetened chocolate.
 $2\frac{1}{2}$ cups milk.
1 egg and 1 egg yolk.
 $\frac{1}{2}$ cup brown sugar.
 $\frac{1}{4}$ teaspoon salt.

1 teaspoon vanilla.
 $1\frac{1}{2}$ cups soft bread crumbs.
 $\frac{1}{4}$ cup jam (apricot is good).
1 egg white.
2 tablespoons sugar.

Grate chocolate and add to the milk heated in a double boiler. When melted beat with a Dover beater. Combine beaten eggs, sugar and salt. Add chocolate mixture gradually, stirring until blended. Add vanilla and crumbs. Turn into greased baking dish and leave to stand 10 to 15 minutes. Place dish in pan of hot water and bake at 350 degrees F. for 40 to 45 minutes (according to thickness). Spread with jam and then with a meringue. Bake about 15 minutes longer or until deliciously browned. Serves 6.

CHOCOLATE TRIFLE

2 cups stale cake cubes or crumbs.
 $\frac{1}{2}$ cup shredded cocoanut.
2 cups scalded milk.
6 egg yolks.
 $\frac{1}{3}$ cup sugar.

3 tablespoons cocoa.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon vanilla.
Whipped cream.
Chopped nuts.

Arrange crumbs, add cocoanut in serving dish. Scald the milk. Beat the egg yolks slightly, adding the sugar, cocoa and salt. Add some of the hot milk to this mixture; mix well, and add to the remaining milk in double boiler. Cook until it coats a metal spoon. Chill at once as quickly as possible; add the vanilla. Pour this over the cake crumbs. Garnish with a few mounds of whipped cream and sprinkle with nuts. Serves 6.

NOTE—This recipe is particularly adapted for using up extra egg yolks.

GRANDMOTHER'S CRACKER PUDDING

3 cups scalded whole milk.
 $\frac{1}{2}$ cup fine soda cracker
crumbs.
 $\frac{1}{2}$ cup sugar.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon nutmeg.

$\frac{1}{4}$ teaspoon cloves.
 $\frac{1}{2}$ teaspoon cinnamon.
1 cup seedless raisins.
 $\frac{1}{4}$ cup melted butter.
1 teaspoon vanilla.
2 eggs, well beaten.

Scald milk and pour over the cracker crumbs. Cool and add the dry ingredients and raisins. Stir in the melted butter, vanilla and eggs. Turn into a buttered casserole and oven-poach at 325 degrees F. for 45 to 60 minutes, according to depth of custard. Serve warm. Will serve 6 to 8 people.

NOTE—To oven-poach is to set the casserole in a pan of hot water in the oven.

MAPLE PUDDING

4 to 6 slices of stale bread,
 $\frac{1}{2}$ -inch thick.
1 cup maple syrup.

2 eggs.
 $\frac{1}{4}$ teaspoon salt.
 $1\frac{1}{2}$ cups milk.

Butter bread and cut into strips. Heat syrup. Dip bread into syrup, and arrange in baking dish, placing second layer running in opposite direction. Combine beaten eggs, remaining syrup, salt and milk to make a custard. Pour over bread. Oven-poach at 350 degrees F. for 40 minutes—or until set. Serves 6.

FAIRY PIE

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup granulated sugar.
4 egg yolks.
1 cup flour.

$\frac{1}{4}$ teaspoon salt.
1 teaspoon baking powder.
 $\frac{1}{4}$ cup milk.

Cream butter, add sugar gradually and cream well together. Add well beaten egg yolks. Beat until light. Add sifted dry ingredients and milk alternately. Turn into 2 buttered 9-inch round layer cake pans. Place in refrigerator while preparing:

4 egg whites.
 $\frac{1}{6}$ teaspoon salt.
1 cup fruit sugar.

1 teaspoon vanilla.
 $\frac{1}{2}$ cup chopped nuts.

Beat egg whites with salt until stiff. Beat in sugar gradually. Flavor. Pile on cake batter. Sprinkle with nuts. Bake at 350 degrees F. for 35 minutes. Let cool in pans. Arrange on serving plate as a layer cake with a filling of chopped fresh or canned fruits. Serve with whipped cream. Serves 8.

RASPBERRY ROLL

2 cups flour.
3½ teaspoons baking powder.
½ tablespoon sugar.
¼ teaspoon salt.

3 tablespoons butter.
1 egg.
Milk.

Sift dry ingredients, chop butter into them very finely. Beat egg and pour into measuring cup, add enough milk to make ½ cup. Add to flour mixture, blend into soft dough. Roll out to ⅓-inch thickness. Cover this surface with:

1 cup raspberries mixed with
½ tablespoons fruit sugar.

Roll up like jelly roll, cut into inch slices. Place slices close together on buttered baking sheet. Bake at 400 degrees F. for 18 to 20 minutes. Serve with lemon or butterscotch sauce to 6 people.

RASPBERRY UPSIDE-DOWN CAKE

3 tablespoons butter.
½ cup fine granulated sugar.
1 egg.
Few drops almond flavoring.
1 cup flour.
1½ teaspoons baking powder.

¼ teaspoon salt.
¼ cup milk.

3 tablespoons butter.
¾ cup brown sugar.
1 pint box raspberries.

Cream butter and sugar thoroughly together. Add beaten egg, and beat well. Add flavoring. Mix and sift dry ingredients, and add alternately with the liquid. Meanwhile, melt second amount of butter in (8 x 8) pan, sprinkle on sugar, and allow the two to melt together. Cover with berries. Now pour the cake batter over the berries. Bake at 325 degrees F. for 30 minutes. Turn out on to cake rack (or plate if served hot). Garnish with whipped cream and fresh berries. Serves 8.

PINEAPPLE UPSIDE-DOWN CAKE

3 tablespoons butter.
½ cup brown sugar.

5 or 6 slices canned pineapple.
5 or 6 maraschino cherries.

Place butter in round cake pan and melt. Sprinkle on the sugar. Now place in slices of pineapple with a cherry in the middle of each one.

2½ tablespoons butter.
½ cup fine sugar.
1 egg.
¼ teaspoon flavoring.

1 cup flour.
1¼ teaspoons baking powder.
¼ teaspoon salt.
¼ cup milk.

Cream butter very well. Add sugar gradually and cream in well. Add the well-beaten egg and beat very thoroughly. Add flavoring. Mix and sift the dry ingredients and add alternately with the milk. Pour over the fruit arranged in pan. Bake at 350 degrees F. for about 35 minutes. Loosen cake from sides of pan. Invert on large serving plate and serve either with or without whipped cream. Serves 8.

APPLE CHEESE CAKE

3 tablespoons butter.
¾ cup brown sugar.
3 apples, sliced.
½ cup seedless raisins.
¾ cup grated cheddar cheese.
¼ cup butter.
2 tablespoons granulated sugar.

¾ cup brown sugar.
2 eggs, well beaten.
½ cup milk.
1½ cups flour.
½ teaspoon salt.
2½ teaspoons baking powder.
½ teaspoon vanilla.

Melt first amount of butter in frying pan, add sugar, then apples arranged neatly and raisins. Sprinkle with cheese.

Now with second group of ingredients: Cream butter, add sugars gradually and cream well. Add eggs, then sifted dry ingredients alternately, with milk and flavoring. Beat 1 minute, pour over mixture in frying pan, mounding the mixture up fairly well in the centre. Bake at 375 degrees F. for 35 minutes. Serve warm with whipped cream. Serves 8 people.

STRAWBERRY COTTAGE PUDDING

¼ cup butter.
⅓ cup sugar.
1 egg.
½ cup milk.
1⅓ cups flour.

2½ teaspoons baking powder.
⅛ teaspoon salt.
1 cup strawberries, halved.
2 tablespoons sugar.

Cream butter. Add sugar and cream well. Add well-beaten egg. Sift dry ingredients and add to first mixture alternately with the milk. Meanwhile cover bottom of (8 x 8) buttered pan with the berries sprinkled with sugar. Pour on the batter. Bake at 375 degrees F. for 30 minutes. Serve with lemon sauce to 6 or 8 people.

ORANGE SHORTCAKE

Make a cake or biscuit similar to what you are accustomed to use for strawberry shortcake. Prepare orange sections sprinkled with sugar and allowed to stand until sugar is dissolved. Place this between layers of cake or biscuit and serve with custard sauce. Garnish with orange sections.

BLUEBERRY HAPPY BOYS

2 cups blueberries.
¾ cup granulated sugar.
¾ cup water.
2 cups flour.
1 tablespoon sugar.

¼ teaspoon salt.
4 teaspoons baking powder.
3 tablespoons shortening.
¾ cup milk.

Combine blueberries, sugar and water. Bring to the boil and boil 3 minutes. Meanwhile mix and sift dry ingredients. Cut in the shortening, add milk to make a soft dough. Drop by spoonfuls into stewing blueberries as you would dumplings. Cover and cook for 10 minutes. Serve warm with blueberries poured over the top to 6 people.

STRAWBERRY MUFFS

$\frac{1}{4}$ cup butter.
 $\frac{1}{3}$ cup granulated sugar.
1 egg.
 $\frac{1}{2}$ cup milk.

$1\frac{1}{2}$ cups flour.
 $2\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
1 cup halved berries, drained.

Cream butter and sugar well together. Add egg and beat very well. Combine dry ingredients and sift together. Add these alternately with the milk and mix together only until smooth. Sprinkle berries with an extra tablespoon of flour. Now place 1 tablespoon of batter in the bottom of 8 large buttered muffin tins. Now place in a layer of berries and cover with more batter. Bake at 400 degrees F. until brown—about 20 to 25 minutes. Serve hot with lemon sauce. Serves 6 to 8.

STRAWBERRY CRUNCH

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup brown sugar.

$\frac{1}{2}$ cup flour.
1 quart box strawberries.

Combine butter, brown sugar and flour by working together with a spoon or the tips of the fingers. Hull berries and arrange in bottom of (8 x 8) pan. Cover with flour mixture, crumbling it over the surface of berries. Bake at 375 degrees F. for 30 minutes or until brown. Serves 6.

NOTE—Peaches, rhubarb, apples, cherries and blueberries are delicious prepared in this way.

STRAWBERRY SHORTCAKE I.

2 cups pastry flour.
4 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.

3 tablespoons shortening.
 $\frac{1}{2}$ cup milk (approximately).

Sift dry ingredients. Cut in shortening. Add milk. Turn on to lightly floured board. Knead gently into shape. Roll or pat out to desired thickness. Cut into rounds. Place on lightly greased baking sheet, and bake at 425 degrees F. for 12 to 15 minutes.

NOTE—Use cake flour if you are not sure of your biscuits. Prepared biscuit flour may also be used.

WAYS TO SERVE—

(1) Cut one large biscuit and one small biscuit for each serving. Spread large one with soft butter and place the second one on top. Bake as directed and split, placing crushed berries between and on top. Garnish with whipped cream.

(2) Cut one large biscuit for each serving and bake as directed. Split while hot. Spread with butter and fill with sliced, sweetened berries. Put together and top with more berries and whipped cream.

STRAWBERRY SHORTCAKE II.

$\frac{1}{3}$ cup butter.
1 cup fine granulated sugar.
2 eggs.
1 teaspoon flavoring.

$\frac{1}{4}$ teaspoon salt.
 $2\frac{1}{2}$ teaspoons baking powder.
 $1\frac{3}{4}$ cups pastry flour.
 $\frac{1}{2}$ cup milk.

Cream butter, add sugar gradually and cream well. Add well-beaten eggs and flavoring. Beat well. Add alternately the milk and dry ingredients sifted together. Bake in buttered (8 x 8) pan in a moderate oven, 350 degrees F. for 40 to 45 minutes or in 2 layers at 375 degrees F. for 25 minutes.

NOTE—Sift flour always once before measuring!

WAYS TO SERVE—

- (1) Bake in muffin tins. Split and fill with sweetened, crushed berries. Top with more berries and whipped cream.
- (2) Bake in 2 layer cake pans. Fill with sliced, sweetened berries and cover over all with whipped cream.

STRAWBERRY SHORTCAKE III

3 eggs.
 $\frac{1}{2}$ cup fruit sugar.
 $\frac{1}{2}$ cup flour.
 $\frac{1}{2}$ teaspoon cream of tartar.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon almond flavoring.
 $\frac{1}{4}$ teaspoon vanilla flavoring.

Separate eggs. Beat yolks until quite thick and creamy. Add sugar and beat very thoroughly. Meanwhile sift together flour, cream of tartar and salt. Add to egg yolk mixture and beat in again. Fold egg whites which have been stiffly beaten, add flavorings. Turn into ungreased (8 x 8) pan and bake at 300 degrees F. for 45 to 50 minutes. Allow to "hang" (upside down) in pan until cold.

WAYS TO SERVE—

1. Bake in individual ring molds and serve with berries in the centre and topped with whipped cream.
2. Bake in a square pan. Cut into squares. Top with a slice of brick ice cream and then crushed sweetened berries.
3. Bake in a jelly roll cake tin. Roll up jelly roll fashion with sliced sweetened berries, well drained. Cut in $1\frac{1}{2}$ -inch slices and top either with a scoop of ice cream or a mound of whipped cream.

GINGERBREAD BANANA SHORTCAKE

$\frac{1}{2}$ cup butter.
 $\frac{1}{4}$ cup brown sugar.
 2 eggs, well beaten.
 $\frac{1}{4}$ cup molasses.
 $\frac{1}{4}$ cup corn syrup.
 $\frac{1}{2}$ cup milk.
 $1\frac{3}{4}$ cups flour.

$\frac{1}{4}$ teaspoon baking soda.
 2 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 1 teaspoon ginger.
 1 teaspoon cinnamon.
 $\frac{1}{4}$ teaspoon cloves.

Cream butter, blend in sugar, add eggs. Beat well. Combine molasses, corn syrup and milk and add to the above mixture alternately with the sifted dry ingredients. Turn into 2 buttered 8-inch layer pans. Bake in oven at 350 degrees F. for 35 to 40 minutes.

When cool, place the following over the top and between the layers:

$2\frac{1}{2}$ cups sliced bananas.
 1 tablespoon lemon juice.

3 tablespoons fruit sugar.

Cut in wedges and top with whipped cream. A custard or lemon sauce may be served with this if you should prefer it. Serves 8 or 10.

CREAM PUFFS OR BOUCHÉES

1 cup boiling water.
 $\frac{1}{2}$ cup butter.
 1 cup bread flour.

$\frac{1}{4}$ teaspoon salt.
 3 large eggs.

Have water at full boil in the sauce-pan and add the butter. When melted, add the flour all at once. Stir rapidly until the mixture forms into a ball and leaves the sides of the pan. Chill very thoroughly. Then add unbeaten eggs one at a time, beating them in vigorously. Place in mounds on buttered baking sheet. Use 1 rounded tablespoon of mixture for large puffs and 1 teaspoon for smaller ones. Bake at 450 degrees F. for about 10 minutes or until "puffed", then reduce to 350 degrees F. for 20 to 25 minutes. (Makes $1\frac{1}{2}$ to 2 dozen.)

Be sure the oven is hot for the puffs to go into and if they "flop" when they come out it is because they are under-baked. Leave room, when you place them on the pan, for expansion. They will keep in a covered container for a week or more.

Variations:

- 1.—Filled with whipped cream.
- 2.—Filled with cream custard.
- 3.—Filled with ice cream and served with a sauce.
- 4.—Filled with a chicken or similar salad filling. In this case they are made in minute size and are called "Bouchées" which is the French for "little mouthfuls".
- 5.—Filled with creamed chicken or lobster and served hot. Again these are in the tiny size and are eaten from the fingers.

PEACH FLUFF IN PUFFS

1 cup diced fresh peaches.
1 tablespoon fruit sugar.

$\frac{3}{4}$ cup diced marshmallows.
 $\frac{1}{4}$ pint 32 per cent. cream, whipped.

Combine peaches, sugar and marshmallows. Leave for $\frac{1}{2}$ to 3 hours. Fold in the whipped cream and then pile in split puffs. Chill well before serving.

BUTTERSCOTCH PECAN PUFFS

6 large cream puffs.
4 tablespoons butter.
 $3\frac{1}{2}$ tablespoons cornstarch.
1 cup brown sugar.
 $2\frac{1}{4}$ cups milk.

1 egg.
 $\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{2}$ tablespoons caramel syrup.
 $\frac{1}{4}$ cup chopped pecans.

Combine butter, cornstarch and sugar. Stir together over medium heat until well blended. Add milk, salt and caramel syrup and cook until thick, about 10 minutes. Add some of hot mixture to egg yolk, return to saucepan. Cook 2 to 3 minutes. Fold in well-beaten egg white. Add pecans. Cool slightly and pile into split cream puffs. Serve topped with whipped cream—or you will find that it is plenty rich without the cream. Serves 6.

CHOCOLATE ICE CREAM PUFFS

6 cream puffs.
1 pint vanilla ice cream.

Chocolate sauce.
Chopped walnuts.

Split cream puffs in half. Fill with vanilla ice cream. Place on dessert plate and pour on chocolate sauce. Sprinkle with nuts. Serves 6.

DATE CRUMBLE TART

2 egg whites.
 $\frac{3}{4}$ cup fruit sugar.
1 tablespoon flour.
 $\frac{1}{2}$ teaspoon baking powder.

$\frac{1}{2}$ teaspoon vanilla.
1 tablespoon milk.
2 cups chopped dates and nuts.

Beat egg whites, add sugar gradually beating it in at first and folding it in as it becomes stiff. Add sifted dry ingredients, dates, nuts, milk and vanilla. Spread into 2 buttered layer cake pans. Bake at 250 degrees F. for 35 minutes. Cool, removing from pan. Arrange on serving plate with whipped cream between layers and on top.

Steamed Fruit Puddings

STEAMED GRAHAM PUDDING

- | | |
|---|-------------------------------------|
| $\frac{1}{4}$ cup butter. | $\frac{1}{4}$ teaspoon baking soda. |
| $\frac{1}{4}$ cup granulated sugar. | 1 teaspoon salt. |
| 1 egg. | $\frac{1}{2}$ teaspoon cinnamon. |
| $\frac{1}{4}$ cup light molasses. | $\frac{1}{4}$ teaspoon cloves. |
| $\frac{1}{4}$ cup milk. | $\frac{1}{4}$ teaspoon nutmeg. |
| 2 cups graham flour. | 1 cup seedless raisins. |
| $2\frac{1}{2}$ teaspoons baking powder. | |

Cream butter. Add sugar gradually, then the well-beaten egg. Combine molasses and milk. Add alternately with the combined dry ingredients. Add the raisins last, dredged with part of the flour. Steam in individual molds for 45 minutes or in a large mold for $1\frac{1}{2}$ hours. Serve with the fluffy hard sauce or butter-scotch sauce. Serves 6.

APPLE AND RAISIN DUMPLINGS

- | | |
|-------------------------------------|--------------------------------|
| 3 tart apples. | 1 tablespoon butter. |
| $\frac{1}{2}$ cup seedless raisins. | $\frac{1}{4}$ teaspoon nutmeg. |
| $\frac{2}{3}$ cup brown sugar. | 6 large circles of pastry. |

Wash, pare and core apples. Cut in slices. Combine these slices with the raisins, sugar and nutmeg. Place a mound of this in the centre of the pastry circles. Dot with a piece of butter and bring the opposite edges of the pastry together. Leave a small opening for a vent for steam. Bake at 425 degrees F. for about 20 minutes. May be served plain or with lemon sauce. Makes 6 dumplings.

CARROT PUDDING

- | | |
|--|-------------------------------------|
| 1 cup grated raw carrot. | 2 tablespoons sour milk. |
| 1 cup grated raw potato. | $\frac{1}{2}$ teaspoon baking soda. |
| 1 cup soft bread crumbs. | $\frac{1}{2}$ cup flour. |
| 1 cup seedless raisins. | 1 teaspoon salt. |
| 1 cup currants. | 1 teaspoon cinnamon. |
| 1 cup brown sugar. | $\frac{1}{8}$ teaspoon nutmeg. |
| $\frac{3}{4}$ cup finely chopped suet (not quite $\frac{1}{4}$ pound). | $\frac{1}{2}$ teaspoon allspice. |

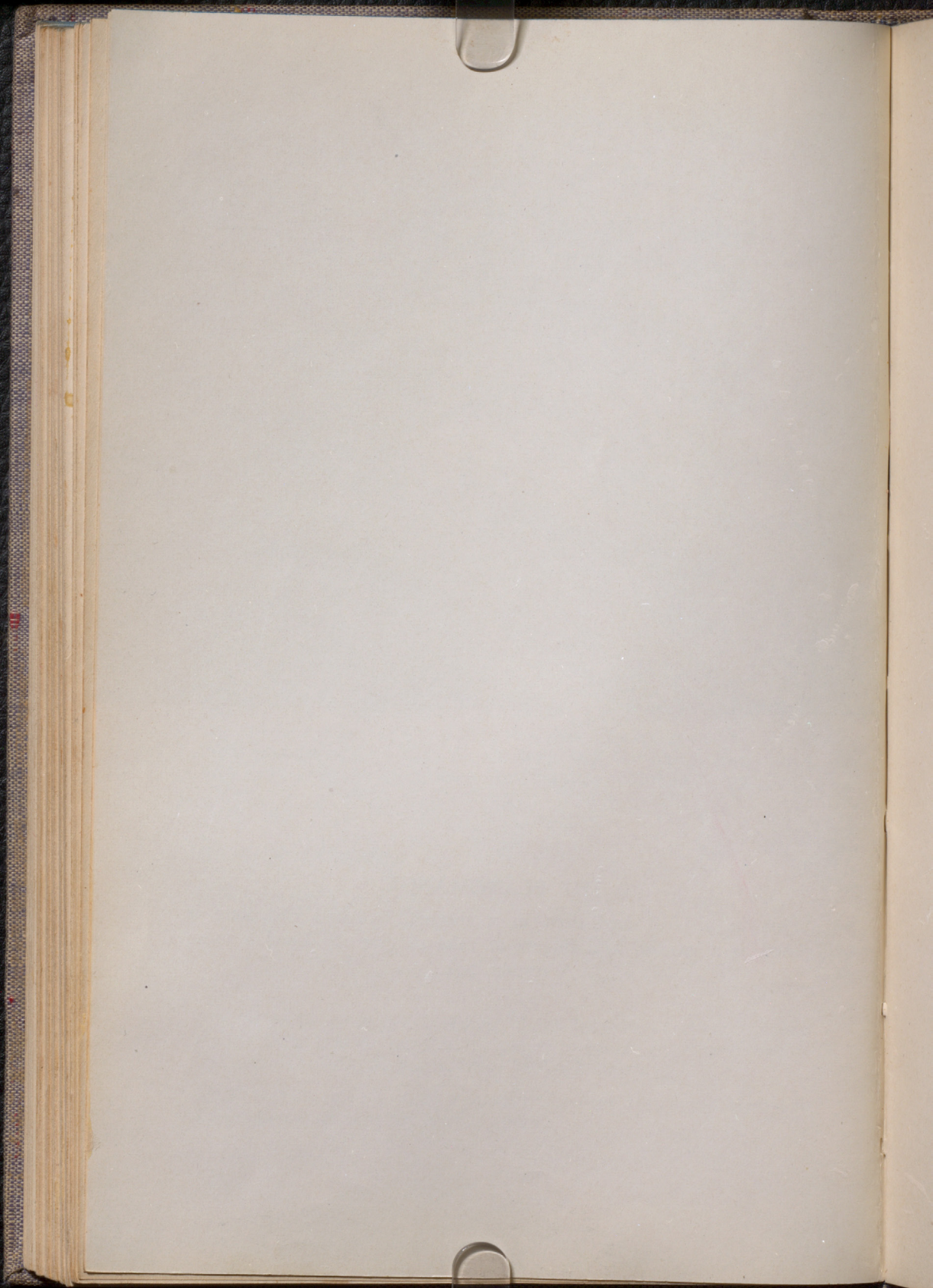
Mix ingredients in order given. Turn into well-buttered molds. Cover with wax or parchment paper or cloth, cover and steam. Individual molds $1\frac{1}{4}$ hours, large molds 3 hours.

NOTE—This can be made a week to 10 days ahead and stored in a cool place. Steam to reheat.



THE BLANCMANGE

First in a bowl and then in a sherbet. Grated chocolate is used as a garnish and fingers of cake to give the bowl a more festive look.



STEAMED CHERRY PUDDING

2 cups pastry flour.
3 teaspoons baking powder.
¼ teaspoon salt.
1 cup fine granulated sugar.
¾ cup milk.

1 egg, well beaten.
1 tablespoon melted butter.
1 cup pitted red cherries.
¼ teaspoon almond extract.

Mix and sift dry ingredients and add milk and well-beaten egg. Combine together. Add melted butter, then the cherries, dredged in part of the flour. Turn into buttered molds. Cover with wax paper. Steam large molds 1¼ hours, individual molds 45 minutes. Will serve 8.

NOTE—Do be sure that the cherries are well drained. Allow them to stand in a sieve to drain before using.

PLUM PUDDING

1¾ cups brown sugar.
1¾ cups finely chopped beef
suet (¾ pound).
5 eggs.
2¼ cups stale (but not dry)
bread crumbs.
2¼ cups flour.
½ pound currants.

1 pound seeded raisins.
1 cup chopped dates.
½ cup chopped citron peel.
½ cup chopped candied cherries.
1 cup blanched almonds.
½ nutmeg, grated.
½ teaspoon salt.
2 tablespoons wine.

Combine brown sugar and suet. Add unbeaten eggs, one at a time, and beat well. Combine fruit, crumbs and flour with nutmeg and salt. Add to other ingredients. Add wine. Scald a 30-inch square of heavy factory cotton. Spread out and dredge with heavy coating of flour. Place pudding in centre of well-floured cotton. Tie firmly, but leaving room for expansion inside the cloth. Have pot half-filled with rapidly boiling water. Place a wire meat rack or pie tin turned upside down in bottom of pot. Plunge pudding into this water, adding more boiling water to cover, if necessary. Cover and allow to boil for 5 hours, adding more boiling water as is necessary. Keep the water boiling at all times and turn the pudding over once or twice during the cooking process.

TO STORE—

Remove pudding from boiling water. Wring out surplus bits of water from ends of cloth. Place pudding on a platter where it will dry. Now, attach a piece of strong cord around where the pudding is tied and hang the pudding in a dry, cool place. Be sure it is dry before putting it away, and also be sure the storage place is dry, so no mildew will take place.

TO REHEAT—

Plunge into boiling water and boil for 1 hour. Remove from cloth. Place in a warm oven for about 20 minutes to dry off the surface. Serve hot.

ENGLISH PLUM PUDDING

$1\frac{1}{4}$ cups sugar.
 6 eggs, well beaten.
 $\frac{1}{2}$ cup molasses.
 $\frac{1}{2}$ cup corn syrup.
 $1\frac{1}{2}$ cups dry bread crumbs.
 $1\frac{1}{4}$ cups flour.
 1 teaspoon nutmeg.
 $1\frac{1}{2}$ teaspoons salt.

1 pound seeded raisins.
 $\frac{1}{2}$ pound currants.
 $\frac{1}{4}$ pound glacé cherries,
 quartered.
 $\frac{1}{4}$ pound candied orange peel.
 $\frac{3}{4}$ pound shredded suet.
 (Add nuts if desired).

Combine sugar and eggs, beat well and add the molasses and corn syrup. Add the dry bread crumbs and other dry ingredients. Now mix in the chopped fruit and suet. Scald a 30-inch square of heavy factory cotton. Spread out and dredge in a heavy coating of flour. Turn pudding mixture into the centre of the well-floured cotton. Tie firmly, leaving room for expansion inside the cloth. Have large pot half filled with rapidly boiling water. Place a wire meat rack or pie tin turned upside down in bottom of pot. Plunge pudding into this water, adding more boiling water to cover. Cover and boil for $4\frac{1}{2}$ to 5 hours, keeping the pudding well under water. Dry and reheat as directed in previous recipe.

DATE MOLASSES PUDDING

$1\frac{1}{2}$ cups flour.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon cinnamon.
 $\frac{1}{8}$ teaspoon cloves.
 $\frac{1}{8}$ teaspoon nutmeg.
 $\frac{1}{4}$ cup light molasses.

$\frac{1}{2}$ cup milk.
 3 tablespoons butter.
 $\frac{1}{2}$ pound dates, stoned and
 cut.
 $\frac{1}{2}$ teaspoon baking soda.
 1 tablespoon boiling water.

Mix flour, salt and spices; add dates. Combine milk and molasses. Add to dry ingredients. Add melted butter, then the soda dissolved in boiling water. Turn into well-buttered molds. Steam, large mold $1\frac{1}{2}$ hours; individual molds 45 minutes. Delicious with lemon or butterscotch sauce. Serves 6.

STEAMED SUET FRUIT PUDDING

$1\frac{3}{4}$ cups flour.
 1 teaspoon cinnamon.
 $\frac{1}{8}$ teaspoon nutmeg.
 $\frac{1}{2}$ teaspoon baking soda.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup granulated sugar.
 $\frac{1}{3}$ cup finely chopped suet.

$\frac{1}{4}$ cup light molasses or corn
 syrup.
 $\frac{1}{2}$ cup sour milk.
 $\frac{1}{2}$ cup raisins and nuts.
 2 tablespoons mixed peel.
 1 tablespoon candied cherries.

Mix and sift dry ingredients. Add suet, then molasses or syrup and sour milk, lastly add the fruit which has been dredged with a small amount of the flour. Mix well. Turn into individual buttered molds. Cover, steam 3 hours. Serve with butterscotch or hard sauce. Serves 6.

Chilled and Frozen Desserts

STRAWBERRY WASHINGTON CAKE

3 tablespoons butter.
 $\frac{1}{2}$ cup fine granulated sugar.
1 egg.
1 cup sifted pastry flour.
 $1\frac{1}{4}$ teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ cup milk.
 $\frac{1}{4}$ teaspoon vanilla.

1 package strawberry jelly powder.
1 cup boiling water.
 $\frac{3}{4}$ cup cold water.
2 tablespoons lemon juice.
2 cups sliced berries.
3 tablespoons fruit sugar.
 $\frac{1}{2}$ pint (1 cup) 32 per cent. cream, whipped.

Cream butter well and add sugar gradually. Add well-beaten egg. Beat well, then add the sifted dry ingredients and milk alternately. Add vanilla and beat well. Bake in a round 8-inch layer cake pan at 375 degrees F. for 20 to 25 minutes. Meanwhile, dissolve jelly powder in boiling water, add cold water and lemon juice. When partially set, add the sliced berries which have been sprinkled with the fruit sugar. Turn this partially set jelly and berries into a layer cake pan of similar size to the cake. (Place a round of wax paper in bottom of tin). When cake is cooled and gelatine is set, unmold the jelly on top of the cake. Ice around the side with whipped cream and garnish the remainder of the cream over the top. Serves 6.

STRAWBERRY REFRIGERATOR CAKE

1 can ($1\frac{1}{3}$ cups) sweetened condensed milk.
 $\frac{1}{4}$ cup lemon juice.
1 egg yolk.

Few grains salt.
 $1\frac{1}{2}$ cups halved strawberries.
1 egg white.
 $\frac{1}{2}$ pound lady fingers.

Combine the condensed milk, lemon juice and salt. Add the egg yolk and mix in well. Add the fruit and fold in the stiffly beaten egg white. Line a round or oblong pan or mold with split lady fingers. Add another layer of lady fingers then the remaining mixture. Cover with lady fingers. Chill several hours or overnight in the refrigerator. Unmold and serve iced all over with whipped cream and garnished with slices of strawberry. Serves 6.

MARSHMALLOW LOAF

$\frac{1}{2}$ cup 16 per cent. cream (quarter pint).
 $\frac{1}{2}$ pound marshmallows.

$\frac{1}{2}$ cup chopped nuts.
 $\frac{1}{2}$ cup graham wafer crumbs.
 $\frac{1}{2}$ cup chopped dates.

Cut marshmallows (using moistened scissors). Add cream. Roll out graham crackers and add with the dates and nuts to the cream mixture. Form into a roll or pack into a long, narrow loaf tin, lined with waxed paper. Serve in slices garnished with whipped cream and cherries. Serves 8 to 10.

PARADISE LOAF

$\frac{1}{2}$ pound lady fingers.
 1 package lemon jelly powder.
 2 cups boiling water.
 $\frac{1}{4}$ cup sugar.
 $\frac{1}{4}$ teaspoon salt.
 12 marshmallows, chopped.

$\frac{1}{2}$ cup shredded blanched almonds.
 12 maraschino cherries, quartered.
 1 cup ($\frac{1}{2}$ pint) 32 per cent. cream.

Dissolve jelly powder in boiling water. Add sugar and salt. Chill. When partially set beat and add nuts, marshmallows and cherries. Fold in cream which has been whipped. Split the lady fingers in half. Dip these into the cream mixture and arrange around the sides and bottom of a deep loaf pan, slightly moistened. Pour mixture into centre. Cover with more lady fingers. Chill well. Unmold and garnish with whipped cream and cherries. Serves 8 to 10.

HALLOWE'EN REFRIGERATOR CAKE

1 chocolate cake.
 1 package orange jelly powder.
 1 cup boiling water.
 $\frac{1}{2}$ cup orange juice.
 2 tablespoons lemon juice.

$\frac{1}{2}$ cup cold water.
 $\frac{1}{4}$ teaspoon salt.
 Orange coloring.
 1 tablespoon fruit sugar.
 $\frac{1}{2}$ pint 32 per cent. cream.

Line a square or rectangular mold with chocolate cake. Dissolve jelly powder in boiling water, add fruit juices, cold water and salt. Now add orange coloring to make jelly a deeper shade. Chill until partially set. Add cream and beat all together until thick with a Dover or electric beater. Pour into lined mold. Cover with more cake. Chill over night. Unmold and serve garnished with whipped cream, colored orange, and sprinkled with chocolate shot. Serves 8.

MARASCHINO REFRIGERATOR LOAF

$1\frac{1}{2}$ tablespoons gelatine.
 $\frac{1}{4}$ cup cold water.
 1 cup boiling liquid (maraschino cherry juice and water).
 $\frac{1}{4}$ cup sugar.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon almond flavoring.

1 egg white.
 3 tablespoons fruit sugar.
 $\frac{1}{2}$ cup chopped maraschino cherries.
 $\frac{1}{2}$ pint 32 per cent. cream, whipped.
 $\frac{1}{2}$ pound lady fingers.

Soak gelatine in cold water. Combine sugar and liquid. Heat to boiling and add to the gelatine. Add the salt and almond flavoring. Set aside to chill. When it is partially set, beat in the stiffly beaten egg to which the fruit sugar has been added. Now fold in the whipped cream and cherries. Turn into a mold lined with the lady fingers split in half. Cover over top with lady fingers and place in refrigerator for several hours or overnight. Unmold on to an attractive plate and garnish with small mounds of whipped cream and red cherries. Cut in slices. Serves 8.

MERINGUES WITH MARSHMALLOW FILLING

$\frac{1}{4}$ pint 32 per cent. cream, whipped.
12 marshmallows, diced.
 $\frac{1}{2}$ cup canned or fresh fruit,
diced.

$\frac{1}{4}$ cup chopped almonds.
 $1\frac{1}{2}$ tablespoons fruit sugar.
6 meringue rings.

Combine the stiffly whipped cream, fruit, nuts and the marshmallows cut up in pieces. Allow to stand for several hours. To serve pile in the centre of the meringue rings and garnish with maraschino cherries or some of the fruit used in the mixture. Serves 6.

ORANGE ICE CREAM SPOOKS

10 scoops orange ice cream.
Seedless raisins.

10 ginger snaps or round
chocolate cookies.

Place a scoop of ice cream on a plate. Place a ginger snap or cookie on top slightly tilted to represent a flat hat. Now place raisins to make a spook face in the ice cream.

NOTE—For this recipe you will have to have someone working with you and be sure to ask your ice cream dealer to make the scoops large and solid and not to pack them down.

MOCHA ICE-BOX CAKE

1 tablespoon cocoa.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{3}$ cup granulated sugar.
 $\frac{1}{2}$ cup water.
1 tablespoon gelatine.

$\frac{1}{2}$ cup cold water.
 $\frac{3}{4}$ cup hot coffee.
 $\frac{1}{2}$ cup 32 per cent. cream.
Lady fingers.

Combine cocoa, sugar, salt and water. Bring to boil, add gelatine, which has been soaked in the cold water. Add coffee. Chill and, when partially set, beat with Dover beater until light. Add the cream, unbeaten, and whip until light and fluffy. Line a moistened mold with split lady fingers dipped in the above mixture, then arrange alternate layers of mixture and split lady fingers, having the lady fingers on top. Chill for several hours, unmold on plate, garnish with whipped cream and chopped nuts. Serves 6.

BUTTERSCOTCH ICE CREAM CANAPÉS

6 squares plain cake.
1 brick vanilla ice cream.

Butterscotch sauce.
 $\frac{1}{2}$ cup whole shelled pecans.

Place a slice of cake on each dessert plate. On each piece of cake place a slice of ice cream. Over each serving pour butterscotch sauce and sprinkle with pecans. Serves 6.

SHERRY TORTONI

$\frac{1}{2}$ cup butter.
1 cup fruit sugar.
3 egg yolks.

$\frac{1}{4}$ cup sherry.
3 egg whites, stiffly beaten.
 $\frac{1}{2}$ pound vanilla wafers, crushed.

Cream butter very well. Add sugar and cream in thoroughly. Now add egg yolks and beat until light and fluffy. Add the sherry and fold in the egg whites. Now, line a loaf tin with wax paper and arrange in alternate layers having vanilla wafer crumbs top and bottom. Chill for several hours in the refrigerator. Serve in slices with strawberry sauce. Serves 8 to 10.

NOTE—Strawberry sauce is merely crushed berries sweetened to taste with fruit sugar.

PINEAPPLE BANANA SPLIT

6 slices canned pineapple.
6 bananas.
1 brick vanilla ice cream.

Walnuts.
Whipped cream.

Add enough green coloring to the pineapple juice to tint the pineapple a delicate green. Leave to stand for 2 hours. Now peel bananas and split in half lengthwise. Arrange these cut side up on a dessert plate. In the centre of the banana place a slice of ice cream. Top with whipped cream and walnuts. Now on each side of ice cream on top of banana place a half slice of pineapple. Serves 6 delicious desserts.

BAKED ALASKA

Layer of cake, 1-inch thick.
1 quart brick ice cream.
4 egg whites.

$\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ cup fruit sugar.
 $\frac{1}{2}$ cup cocoanut.

Place cake on baking sheet. Unmold ice cream on cake, leaving about 1 inch of cake extending around the brick on all sides. Meanwhile, have prepared a meringue made by beating the egg whites with the salt until stiff, then add the sugar gradually. Cover the ice cream and cake very carefully with the meringue, so that not even the tiniest bit of the ice cream is uncovered. Sprinkle with the cocoanut and place in as hot an oven as possible (450 degrees F. to 500 degrees F.). When brown, slide on to a serving plate and serve at once. Do not use a brick of ice cream containing water ice. It will take about 2 to 3 minutes to brown. Serves 6 to 8.

NOTE—For preparation ahead, have the cake cut to correct size and on the baking sheet. The meringue can also be made ahead. Do try it, particularly if you are having one of these popular "dessert parties".

STRAWBERRY MARLOW

25 marshmallows (quartered).
1 cup hot milk.
 $\frac{3}{4}$ cup crushed strawberries.

3 tablespoons fruit sugar.
1 cup 32 per cent. cream.
 $\frac{1}{8}$ teaspoon salt.

Add marshmallows to hot milk and keep over hot water until marshmallows are dissolved. Add berries which have been standing covered with the fruit sugar. Chill and allow to stand until slightly thickened. Add the salt and the cream which has been whipped. Turn into freezing tray and freeze 3 to 4 hours. Makes $1\frac{1}{4}$ pints.

COFFEE MARLOW

25 marshmallows (quartered).
1 cup hot coffee.
1 cup 32 per cent. cream, whipped.

$\frac{1}{2}$ cup blanched, browned almonds.
 $\frac{1}{8}$ teaspoon salt.

Add marshmallows to hot coffee and keep over hot water until dissolved. Chill until slightly thickened. Add cream, almonds and salt. Pour into freezing tray and freeze 3 to 4 hours.

FROZEN ORANGE MALLO

$\frac{1}{2}$ cup water.
 $\frac{1}{2}$ pound marshmallows
(about 25).

$\frac{3}{4}$ cup orange juice.
 $\frac{1}{8}$ teaspoon salt.
2 tablespoons lemon juice.

Heat water and whole marshmallows over hot water until melted or dissolved. When cool, add salt, lemon and orange juice. Turn into trays of automatic refrigerator and freeze 4 to 5 hours, stirring once or twice during the first hour. Fills 1 tray.

BANANA FREEZE

3 large bananas.
 $\frac{3}{4}$ cup fruit sugar.
2 tablespoons lemon juice.
1 cup 32 per cent. cream.

$1\frac{1}{2}$ teaspoons vanilla.
 $\frac{1}{4}$ teaspoon salt.
2 egg whites.

Mash bananas to a pulp. Add sugar and lemon juice. Chill this mixture while you whip the cream. Add cream, salt and vanilla to the first mixture, then fold in the stiffly beaten egg whites. Turn into freezing trays of automatic refrigerator and freeze for 3 to 4 hours. Stir 2 or 3 times during the first hour. Fills 2 trays.

MUSCOVITE OF PEACHES AND MELONS

2 cups finely cubed melon.
2 cups thinly sliced peaches.
 $\frac{3}{4}$ cup orange juice.
2 tablespoons lemon juice.
 $\frac{2}{3}$ cup fruit sugar.

3 sprigs mint.
 $\frac{1}{8}$ teaspoon salt.
 $1\frac{1}{2}$ teaspoons gelatine.
2 tablespoons water.

Prepare fruit. Bruise the mint into the sugar. Add the orange and lemon juice and leave to stand until sugar is dissolved. Soak gelatine in water and dissolve over hot water. Add to fruit juices with the fruit. Turn into trays of refrigerator and freeze for 4 to 6 hours. Serve, topped with whipped cream.

RASPBERRY WATER ICE

2 cups crushed raspberries.
 1½ cups water.
 ¾ cup granulated sugar.
 ¼ teaspoon salt.

1½ teaspoons gelatine.
 1 tablespoon cold water.
 2 tablespoons lemon juice.

Combine berries and water and boil 3 minutes. Force through a fine sieve. Add sugar and salt and bring to boil. Add gelatine soaked in cold water and stir until dissolved. Now add lemon juice and chill. Freeze for 5 hours in trays of refrigerator, stirring every half hour after the first hour. Serves 6.

ORANGE WATER ICE

2 cups hot water.
 1 cup sugar.
 Grated rind of 2 oranges.
 1½ teaspoons gelatine.
 1 tablespoon cold water.

¼ teaspoon salt.
 1 cup orange juice.
 ¼ cup lemon juice.
 2 egg whites, beaten stiffly.

Boil water and sugar with rind for about 10 minutes. Add gelatine which has been soaked in cold water. Stir until dissolved and add fruit juices and salt. Pour into freezing tray when cool and allow to freeze to a mush (about 1½ hours), stirring a couple of times. Now fold in the beaten egg whites and continue to freeze 2 hours longer or until firm. Serves 6.

PINEAPPLE MOCK SHERBET

1 cup crushed pineapple, well
 drained.
 1¼ cups fruit sugar.

½ teaspoon salt.
 3 cups buttermilk.

Combine all ingredients. Pour into tray of refrigerator. Freeze 3 to 4 hours, stirring once or twice after the first hour. Serves 6.

MINT SHERBET

¾ cup granulated sugar.
 2 cups boiling water.
 ¼ teaspoon salt.
 1 teaspoon gelatine.

2 tablespoons cold water.
 ½ cup lemon juice.
 ½ cup finely chopped mint leaves.
 Green coloring.

Combine sugar and water and boil together. Add the salt and then the gelatine which has been soaked in the cold water. Add the lemon juice and the mint leaves. Add coloring to obtain the desired shade and when cool, place in trays of the refrigerator to freeze. Freeze for 2 to 3 hours, stirring occasionally. Serves 6.

FROZEN FRUIT PUDDING

1 cup honey meringue.
 1 can fruits for salad, diced
 and drained.

½ pint 32 per cent. cream.
 Few grains salt.

Combine the honey meringue with the fruit and then add to the cream which has been whipped. Add the salt and then turn the mixture into the refrigerator tray. Freeze for from 5 to 7 hours, stirring often during the first 1½ hours. Serves 6.

ICE CREAM

1 cup milk.
½ cup fruit sugar.
1 tablespoon flour.
1 egg yolk.
1 teaspoon gelatine.

1 tablespoon cold water.
1½ cups 32 per cent. cream,
whipped.
1 teaspoon vanilla.
Pinch of salt.

Scald milk, mix sugar and flour with a little cold milk, add to scalded milk. Cook well. Pour over beaten egg yolk. Return to heat and cook for 2 minutes. Add gelatine which has been soaked in cold water. Chill. Fold in whipped cream, add salt and vanilla. Pour into trays of refrigerator and freeze, stirring every 30 minutes until nearly firm.

Variations:

- 1.—Add about ½ cup chopped preserved fruit. Pineapple is particularly good.
- 2.—Add ½ cup chopped walnuts and ½ teaspoon maple flavoring.
- 3.—Add ½ to ¾ cup crushed peanut brittle.
- 4.—Add 1 cup grated milk chocolate when partially frozen.

BURNT ALMOND ICE CREAM

2 cups scalded milk.
3 tablespoons minute tapioca.
½ cup brown sugar.
2 tablespoons caramel syrup.
1 tablespoon corn syrup.
¼ teaspoon salt.

2 teaspoons vanilla.
2 tablespoons fruit sugar.
1 cup 32 per cent. cream.
2 egg whites.
½ cup almonds, blanched
browned and chopped.

Combine tapioca and milk and cook in double boiler for 15 minutes until tapioca is clear. Stir often. Measure sugar, syrups and salt into bowl and strain hot mixture through a fine sieve on to the above ingredients. Cool. Add vanilla. Beat the fruit sugar into the egg whites. Fold into the chilled mixture. Now fold into the cream, whipped until it mounds, but is not stiff. Add finely chopped almonds. Turn into freezing trays of refrigerator and freeze 3 to 4 hours. Or turn mixture into tightly covered metal container and pack into equal parts of ice and salt for 2 to 3 hours.

SPICED CHOCOLATE ICE CREAM

1 package chocolate ice cream
powder.
1 teaspoon ground cinnamon.

1 pint milk.
1 pint 32 per cent. cream, whipped.
1 cup seedless raisins.

Dissolve ice cream powder and cinnamon in milk—add gradually. Fold in whipped cream and raisins. Mix well. Turn into trays of refrigerator to freeze. Freeze for 6 hours, stirring well several times during the first hour. Serves 8 to 10.

OLD-FASHIONED VANILLA ICE CREAM

2 cups scalded milk.
1 tablespoon flour.
1 cup sugar.
1 egg.

$\frac{1}{8}$ teaspoon salt.
1 quart thin cream (16 per cent).
 $1\frac{1}{2}$ tablespoons vanilla.

Mix flour, sugar and salt. Add slightly beaten egg. Add milk to this mixture. Return to double boiler and cook until thickened slightly, about 10 minutes. Cool and add cream and flavoring. Strain into freezer can. Do not fill more than $\frac{2}{3}$ full to allow for expansion. Fix dasher and cover in place and assemble the freezer, making sure everything is adjusted before adding the ice. Fill part around can with crushed ice, then rock salt in proportions of four measures ice to one salt.

Turn the dasher slowly at first until the mixture begins to freeze, then more rapidly to whip in the air. When firm, remove dasher, scrape down the cream from the sides and cover. Plug in the hole in cover with cork or paper. Pour off extra brine in the pail and fill again with ice in the proportions of 5 measures of ice to 1 of salt. Cover with newspaper so ice does not melt too rapidly.

NOTES ON FREEZING IN REFRIGERATOR

1. Too much sugar will prevent a mixture freezing.
2. Too fast freezing gives a coarse texture to the mixture.
3. Evaporated milk may be substituted for the cream. To whip it—you scald it first, then chill it well before whipping.
4. The cream should only be whipped until it will almost hold shape, not until stiff.
5. Fresh fruits should be soaked or cooked slightly in sugar before adding or they will freeze into hard lumps. Crush well, also.

PEANUT BRITTLE ICE CREAM

1 package vanilla ice cream powder.
1 pint milk.

1 pint 32 per cent. cream, whipped.
 $\frac{1}{4}$ pound peanut brittle.

Dissolve ice cream powder in milk—adding gradually. Fold in whipped cream then add the peanut brittle, well crushed. Mix well and turn into trays of refrigerator to freeze. Freeze for 6 hours, stirring well several times during the first hour. Serves 8 to 10.

Dessert Sauces

COFFEE DESSERT SAUCE

1½ cups brown sugar.
½ cup light corn syrup.
½ cup strong coffee.

¾ cup 16 per cent. cream.
¼ teaspoon salt.
¼ teaspoon vanilla.

Combine sugar, syrup and coffee. Boil to 238 degrees F. or until it forms a soft ball in cold water. Remove from heat and add cream, salt and vanilla. Serve over ice cream or any dessert.

RICH BUTTERSCOTCH SAUCE

1½ cups brown sugar.
1 cup light corn syrup.
½ cup water.
⅛ teaspoon salt.

⅓ cup butter.
1 cup 16 per cent. cream.
1 teaspoon vanilla.

Place sugar, syrup, salt and water in saucepan. Stir over low heat until sugar is dissolved. Boil until it just forms a soft ball in cold water or to 238 degrees F. Remove from heat, and add the butter. Beat in the cream and vanilla. Serve on ice cream or desserts.

BUTTERSCOTCH SAUCE FOR ICE CREAM

1 tablespoon butter.
1 cup brown sugar.

1 tablespoon corn syrup.
½ cup boiling water.

Stir the butter, sugar and syrup together in a small frying pan over a slow flame for 3 to 5 minutes, or until melted and slightly browned. Add the boiling water and stir until smooth. Cook until desired thickness. To serve hot, reheat over hot water.

HOT FUDGE SAUCE

1½ squares bitter chocolate.
1 cup milk.
1 cup sugar.

⅛ teaspoon salt.
2 tablespoons light corn syrup.
½ teaspoon vanilla.

Grate chocolate and add to milk in a saucepan. Place over low heat and stir until mixture is smooth and blended. Add sugar, salt and syrup. Stir until sugar is dissolved and mixture boils. Continue to boil, without stirring to 238 degrees F. or until a soft ball is formed in cold water. Add vanilla. Serve hot on ice cream or ice cream desserts of any kind. About 6 or 8 servings.

CHOCOLATE MINT SAUCE

2 cups fine granulated sugar.
¾ cup cocoa.

⅛ teaspoon salt.
1½ cups evaporated milk.
1 teaspoon peppermint extract.

Combine ingredients in top of double boiler. Cook and stir until thick over hot water. Remove from heat. Add peppermint. Serve either hot or cold as desired.

CHOCOLATE SAUCE FOR ICE CREAM

1 tablespoon cornstarch.
1 square chocolate.
 $\frac{1}{2}$ cup granulated sugar.

$1\frac{1}{2}$ cups water.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon vanilla.

Melt chocolate, add cornstarch and sugar, which have been thoroughly mixed. Add water. Heat to boiling and boil 5 minutes. Remove from heat, add salt and vanilla. Pour into jar and keep cool in refrigerator. A little peppermint flavoring may be added if desired.

MOCHA CHOCOLATE SAUCE

2 squares unsweetened chocolate.
1 cup strong coffee infusion.
1 cup sugar.
1 teaspoon cornstarch.

$\frac{1}{4}$ teaspoon salt.
3 tablespoons corn syrup.
1 teaspoon vanilla.

Grate chocolate and add coffee infusion. Bring to boil and add the sugar, cornstarch and salt. Stir all together and cook until thick—about 5 minutes. Add the corn syrup and vanilla. Serve hot or cold over vanilla or chocolate ice cream. May be kept stored in the refrigerator in a covered jar. Makes about 16 servings—substantial ones.

HONEY MERINGUE

(To be used over desserts or as a cake frosting or garnish.)

USING DOVER BEATER—

$\frac{1}{4}$ cup honey.

1 egg white.

USING ELECTRIC BEATER—

$\frac{1}{2}$ cup honey.

1 egg white.

Put together in bowl and whip until the mixture comes up in peaks. Store in the refrigerator and use as required. If the mixture separates it is because it has not been beaten enough. If you allow it to beat for about 30 minutes it will keep for weeks without separating.

HARD SAUCE

$\frac{1}{3}$ cup butter.
1 cup icing sugar.

$\frac{1}{2}$ teaspoon vanilla.
1 tablespoon hot water.

Cream butter until very soft. Add sugar and cream well together. Add vanilla slowly, then the water very gradually, so it will not curdle. Pile tightly in serving dish or form into rosettes on waxed paper and chill before putting around the pudding.

Variation:

1.—1 tablespoon cooking sherry may be substituted for the vanilla and the water.

FLUFFY HARD SAUCE

$\frac{1}{4}$ cup butter.
 $\frac{2}{3}$ cup icing sugar.
1 teaspoon hot water.

$\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{4}$ cup 32 per cent. cream,
whipped.

Cream butter very well. Add the sugar gradually and beat until fluffy. Now add vanilla and water. Beat until all are very light. Fold in the whipped cream and chill well before serving.

CHERRY HARD SAUCE

$\frac{1}{3}$ cup butter.
1 cup icing sugar.
2 teaspoons hot cherry juice.

$\frac{1}{2}$ teaspoon lemon juice.
 $\frac{1}{8}$ teaspoon almond
flavoring.

Cream butter. Add sugar and cream well. Beat in the cherry juice, lemon and almond flavoring. Beat very well. Serve with steamed cherry pudding.

CUSTARD SAUCE

$1\frac{1}{4}$ cups scalded milk.
 $2\frac{1}{2}$ tablespoons sugar.
1 teaspoon cornstarch.
 $\frac{1}{8}$ teaspoon salt.

2 egg yolks, slightly beaten.
 $\frac{1}{4}$ cup cold milk.
 $\frac{1}{4}$ teaspoon vanilla.

Scald milk. Combine sugar, cornstarch, salt and egg yolks with the cold milk. Add this to the scalded milk. Cook, stirring constantly, until thick. Add vanilla. Chill quickly.

HURRY-UP LEMON SAUCE

$\frac{2}{3}$ cup sweetened condensed
milk.

$\frac{1}{4}$ cup lemon juice.
1 teaspoon grated lemon rind.

Combine ingredients and stir until smooth and thick. DO NOT COOK, it is not necessary.

NOTE—To pile on a dessert leave this as it is, but to pour over dessert thin it out with water to desired consistency.

BUTTERSCOTCH PUDDING SAUCE

$1\frac{1}{2}$ tablespoons cornstarch.
1 cup brown sugar.
 $1\frac{1}{2}$ tablespoons butter.

$\frac{1}{8}$ teaspoon salt.
 $1\frac{1}{4}$ cups boiling water.
 $\frac{1}{2}$ teaspoon vanilla.

Combine cornstarch, sugar, salt and butter. Place over direct heat and stir together until sugar and butter melt and blend together. Allow to brown slightly. Add water. Cook until thick. Add vanilla. Serve hot.

CURRENT SAUCE

$\frac{1}{2}$ cup black or red currant
jelly.

1 egg white.
 $\frac{1}{8}$ teaspoon salt.

Melt jelly over hot water. Add egg white and salt and beat with Dover beater until stiff. Cool.

LEMON PUDDING SAUCE

1 cup sugar.
3 tablespoons cornstarch.
2 cups boiling water.
4 tablespoons lemon juice.

4 tablespoons butter.
A little nutmeg.
A pinch of salt.

Mix cornstarch, sugar and salt with the boiling water. Cook until thick and clear, then cook gently for 10 minutes longer, stirring frequently. Add lemon juice, butter and nutmeg. The grated lemon rind may also be used. Serve hot on puddings. Will give 8 to 10 servings.

LUSCIOUS ORANGE SAUCE

$\frac{1}{2}$ cup sugar.
3 tablespoons flour.
 $\frac{3}{4}$ cup water.
 $\frac{1}{8}$ teaspoon salt.
1 egg yolk.

1 tablespoon butter.
 $\frac{1}{2}$ cup orange juice.
2 tablespoons lemon juice.
 $\frac{3}{4}$ teaspoon grated orange rind.
 $\frac{1}{4}$ teaspoon grated lemon rind.

Combine sugar, flour, salt, water and egg yolk. Mix well in double boiler and cook over rapidly boiling water for 10 minutes, stirring well to prevent lumping. Remove from heat and add butter, fruit juices and rind. Serve hot or cold over any cake, pudding.

FRUIT SAUCE

1 cup canned fruit juice.
1 tablespoon cornstarch.

$\frac{1}{8}$ teaspoon salt.
1 teaspoon lemon juice.

Blend the cornstarch carefully into the fruit juice. Add the salt and bring to the boil, stirring constantly. Simmer for about 10 minutes. Add lemon juice. Serve cold or hot as desired.

GINGER ORANGE SAUCE

16 marshmallows.
 $\frac{1}{2}$ cup water.
3 egg yolks.

$\frac{1}{4}$ cup sugar.
3 tablespoons chopped ginger.
1 teaspoon grated orange rind.

Melt marshmallows with water in top part of covered double boiler. Beat egg yolks and add sugar; stir in melted marshmallows. Add ginger and orange rind. Return to double boiler for about 2 minutes. Serve cold over ice cream.

FIG SAUCE

$\frac{1}{4}$ pound figs, diced.
2 cups water.
1 tablespoon cornstarch.
2 tablespoons sugar.

$\frac{1}{4}$ teaspoon salt.
1 teaspoon grated lemon rind.
 $1\frac{1}{2}$ tablespoons lemon juice.
1 tablespoon butter.

Simmer figs in water until swelled. Combine cornstarch, sugar, rind and salt with a very little cold water. Add to fig mixture and simmer for about 10 minutes. Remove from stove, add lemon juice and butter. Serve hot. Will give 6 servings.

BRANDY SAUCE

Add $\frac{1}{4}$ to $\frac{1}{2}$ cup brandy to the Butterscotch Pudding Sauce recipe just before reheating to serve.

GRAPE SAUCE

$\frac{3}{4}$ cup grape juice.
 $\frac{1}{4}$ cup sugar.
2 teaspoons cornstarch.

Few grains salt.
1 teaspoon lemon
juice.

Mix sugar, cornstarch and salt. Add to grape juice. Stir and cook until thick and clear. Add lemon juice. Serve with vanilla soufflé.

GOLDEN CARROT SAUCE

1 cup sugar.
3 tablespoons flour.
 $\frac{1}{4}$ teaspoon salt.
 $1\frac{1}{2}$ cups boiling water.

3 tablespoons finely grated carrot.
2 tablespoons orange juice.
2 tablespoons lemon juice.
4 tablespoons butter.

Mix the sugar, flour and salt. Add the water and cook until thick and clear, stirring constantly. Set over hot water, add remaining ingredients and cook gently over hot water until ready to serve. Serve over any steamed pudding.

GINGER SAUCE

2 tablespoons butter.
1 tablespoon cornstarch.
 $\frac{1}{8}$ teaspoon salt.
2 tablespoons ginger syrup.

1 cup syrup from canned fruit.
 $\frac{1}{4}$ cup chopped preserved
ginger.
1 tablespoon lemon juice.

Melt butter, blend in cornstarch and salt. Add syrups and chopped ginger. Cook until mixture thickens. Add lemon juice. Serve warm.

PINEAPPLE SAUCE

1 can crushed pineapple.
1 tablespoon lemon juice.

1 tablespoon cornstarch.
 $\frac{1}{8}$ teaspoon salt.

Heat pineapple to boiling point. Mix cornstarch with salt and lemon juice—and enough water to make a paste. Add to hot pineapple and cook, stirring constantly, until thick. Chill and serve over ice cream.

QUICK CARAMEL SAUCE

1 cup granulated
sugar.

1 cup evaporated milk.
 $\frac{1}{4}$ teaspoon vanilla.

Measure sugar into frying pan. Melt slowly and allow to caramelize. Add milk. Stir until all lumps are dissolved. Cook until thick (about 5 minutes). Add vanilla. If too thick add more milk. Serve warm.

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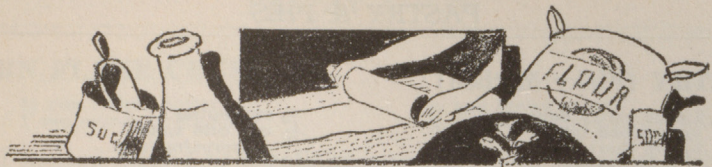
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P A S T R Y & P I E S

FIRST make up your mind just what type of pastry you want when you start to make it, as the method that you follow governs greatly the finished product.

Your measurements must be accurate; a pastry flour is desirable although not essential. Flour should be sifted once before measuring. A wooden rolling board or a pastry cloth (see them at the department stores) for rolling out the pastry. Never attempt to roll out pastry on a slippery surface; you are beaten before you ever start.

For years rules have said icy cold water and hard shortening. We still say water as cold as you can get it but the shortening is better to be just off the hard. More water is used when the shortening is too hard and the more water that you use the harder is your crust. Experience is the best teacher for the correct amount of water in pastry. Add a little less rather than a little more.

Some butter should always be used in pastry. I suggest half butter and half lard or vegetable shortening. For a short pastry get a fine crumb when blending the flour and shortening and for a flakier texture leave the shortening in pieces the size of a small pea.

Baking powder is not necessary in the pastry to ensure a good product. It should really be discouraged as it tends to take away from the crispness.

Make your pastry a day before you are going to use it so that it can "age" in the refrigerator before rolling it out. Cut only enough from the amount of pastry for one crust at a time and roll gently but firmly from the centre outward, using only enough flour to prevent sticking.

PASTRY (Flaky Method)

3 cups pastry flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup shortening.

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup cold water
 (approximately).

Sift flour and salt. Cut in lard. Make a well in the centre, add water and work in, using a cutting motion with a knife. Turn on to lightly floured board and work into shape with fingers. Do not knead. Roll out to $\frac{1}{8}$ -inch thickness. Cover one-half with the butter, cut in thin slices. Fold other half over and press edges together. Fold over, pocket-book fashion. Roll out again. Fold over in same manner. Chill thoroughly. Using enough for one crust at a time, roll from centre outward. Makes 3 single crusts. For baked pastry shells, bake in hot oven at 450 degrees F.

PASTRY (Crumb Method)

3 cups pastry flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup butter.

$\frac{1}{2}$ cup shortening.
 $\frac{1}{2}$ cup cold water
 (approximately).

Sift flour and salt. Cut in all the shortening. Make a well in centre. Add water and work in, using a cutting motion with a knife. Lift out dough on to a lightly floured board and press into shape with the fingers. Do not knead. Chill. Using enough for one crust at a time, roll from centre outward. Makes 3 single crusts. For baked pastry shells, bake in hot oven at 450 degrees F.

HOT WATER PASTRY

$\frac{3}{4}$ cup shortening.
 $\frac{1}{2}$ cup boiling water.

1 teaspoon salt.
 3 cups pastry flour.

Cream the shortening slightly. Stir in the boiling water. Cool slightly. Add the flour and salt, mixing it in with a quick cutting motion. Do not stir. Chill and roll out as in recipes for other pastry. Makes 3 single crusts. For baked pastry shells, bake in hot oven at 450 degrees F.

COCOA PASTRY SHELLS

3 cups pastry flour.
 $\frac{1}{3}$ cup cocoa.
 $\frac{1}{4}$ cup fruit sugar.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup lard.
 $\frac{2}{3}$ cup cold water
 (approximately).

Sift dry ingredients into a bowl. Add shortening and cut into a fine crumb. Make a depression in centre and add cold water to make a dough, mixing it in with a cutting motion. Roll out and place on a pie tin. Bake at 425 degrees F. for 10 to 15 minutes. Makes 3 crusts. $\frac{1}{4}$ teaspoon of cinnamon may be added also for a rather spicy chocolate flavor.

CORN FLAKE CRUST

$\frac{1}{4}$ cup melted butter.
1 cup cornflake crumbs.

$\frac{1}{4}$ cup brown sugar.
 $\frac{1}{8}$ teaspoon cinnamon (if desired).

Add melted butter to cornflake crumbs. Add sugar and cinnamon. Mix well and press firmly into a 9-inch pie tin covering the bottom and sides. Chill well. This crust does not require baking. Fill with any desired filling of fresh fruit or custard cream. Top with a meringue or whipped cream.

GRAHAM CRACKER CRUST

2 cups graham cracker
crumbs.

$\frac{1}{3}$ cup melted butter.
2 tablespoons brown sugar.

Combine crumbs, butter and sugar in a bowl. Now take about $\frac{3}{4}$ of the mixture and place it in a pie plate, pressing it well into the sides and bottom. This crust does not require baking. Add cream or fruit filling and then meringue sprinkled with the remaining crumbs.

NOTE—To make the graham cracker crumbs, place the crackers in a bag and tie the bag at the top. Then roll the bag with a rolling pin. In this way you keep the crumbs from spreading all over the place.

PUFF PASTRY

4 cups pastry flour.
1 teaspoon salt.

1 pound sweet butter.
Ice water.

Mix and sift the flour and salt. Cut off $\frac{1}{3}$ of the butter and cut it into the flour. Add water carefully, to make a stiff dough. Turn dough on to a lightly floured board and knead very lightly for 1 minute. Chill for 5 minutes. Meanwhile divide the remaining butter into 4 equal parts and pat each into a thin sheet. Place these on wax paper and place in refrigerator to chill thoroughly. Now roll dough to $\frac{1}{3}$ inch thickness, keeping it rectangular in shape. Place one sheet of the butter in the centre and fold over like a pocket-book. Roll out again to $\frac{1}{4}$ -inch thickness and fold over without butter. Next time roll out and fold over adding butter as in the first rolling. Continue thusly until all butter is used and then fold a couple of extra times. Wrap in wax paper and leave to chill for 24 hours in a refrigerator. If the paste sticks to the board during the series of rollings, scrape the board clean and dust lightly again with flour. Use only enough flour to keep the paste from sticking. Roll with a slight even stroke, in one direction only—not back and forth. The number of layers of butter and paste are what make it flaky. It is the air incorporated into the paste that makes it puff and become light. Bake as instructed in individual recipes. The above recipe will make about 12 large patty cases or 20 small cases.

GINGER PIE CRUST

1½ cups gingersnap crumbs
(½ pound).

¼ cup fruit sugar.
½ cup melted butter.

Blend ingredients. Pat mixture over bottom and sides of pie plate. Chill thoroughly. This crust does not require baking. Fill with pumpkin chiffon or any cream filling and chill. Serves 6 to 8.

PATTY CASES OR SHELLS

Roll out puff pastry to ¼-inch thickness, using a 2¼-inch cutter, stamp out twice as many pieces as you wish cases. Using a cutter about 1½ inches in diameter, cut the centres from half of the circles. Place these rims on top of the whole rounds, moistening them around the edge so they will stick together. Arrange on ungreased baking sheet. Bake the circles to "top" the patty later. Place in hot oven at 450 degrees F. for 10 minutes or until they puff. Reduce heat to 350 degrees F. for about 20 minutes or until "done". These may be made up ahead and reheated for use when desired to restore the crispness.

The very tiny patty cases of about 1½ inches in diameter are delightful for appetizers at the cocktail party. They can be filled with any delicious creamed fish. They are also nice for the reception table.

NAPOLEONS

Roll puff pastry to ¼-inch thickness, cut into 2 large oblongs closely matched in size. Bake on an ungreased baking sheet at 450 degrees F. for 10 minutes. Reduce to 350 degrees F. until cooked. Cool and spread one slice with cooled thick cream custard filling. Place on other layer and sprinkle with icing sugar. Use a very sharp knife to cut into servings.

These are a favorite French pastry, and in place of the icing sugar they may be spread with a simple flavored icing.

MINCEMEAT CHEESE FINGERS

Roll out regular pie or puff pastry to about ⅛-inch thickness. Cover one half with grated cheese and fold over. Press together and roll out again to same thinness. Spread one half with mincemeat and fold over again. Press well together and cut into fingers about ½ inch by 3 inches. Bake at 450 degrees F. until brown, about 10 minutes. Serve either with tomato juice or as a savory at tea.

PLAIN APPLE PIE

5 or 6 large tart apples.
1 cup sugar.

1 tablespoon butter.
Nutmeg or cinnamon, if desired.

Wash, pare and cut apples into quarters. Remove cores and slice in thin slices. Line an 8-inch pie plate with pastry. Place in half of apples, then half of sugar and repeat until pie is filled. Sprinkle with nutmeg or cinnamon and dot with butter. Moisten edge of pastry and place on top crust. Press edges together and trim off neatly. Be sure top crust has vents cut to allow steam to escape. Bake at 425 degrees F. for about 35 minutes. If the apples are sweet or over-ripe use 1 teaspoon lemon juice, sprinkled over each pie filling.

APPLE PINEAPPLE PIE

1 can crushed pineapple.
2 cups finely diced apples.
 $\frac{1}{2}$ cup granulated sugar.
 $\frac{1}{3}$ cup water.

2 teaspoons cornstarch.
1 tablespoon cold water.
 $\frac{1}{8}$ teaspoon salt.
1 tablespoon butter.

Combine first four ingredients and cook, uncovered, for about 10 minutes, or until apples are tender. Mix cornstarch and water and add to hot mixture. Cook for 5 minutes longer. Add salt and butter. Cool. Pour into an unbaked pie shell and cover with $\frac{1}{2}$ -inch strips of pastry arranged lattice style. Bake at 450 degrees F. for 10 minutes, then reduce heat to 350 degrees for 25 to 30 minutes. Serve slightly warm—and with cheese, of course.

CRANBERRY FRUIT PIE

2 cups cranberries.
 $\frac{3}{4}$ cup granulated sugar.
 $\frac{1}{2}$ cup water.
 $\frac{3}{4}$ cup crushed, drained pineapple.

2 bananas, chopped.
1 tablespoon flour.
 $\frac{1}{8}$ teaspoon salt.
Pastry.

Combine washed cranberries, sugar and water. Cover and bring to a boil. Boil about 5 minutes, uncovered, until skins burst. Add pineapple, salt and chopped bananas. Cool. Pour into a pastry-lined pie tin, over which the flour has been sprinkled. Cover with a top crust, which has been slit to allow escape of steam. Bake at 450 degrees F. for 10 minutes. Reduce temperature to 350 degrees and bake until brown or about 30 minutes longer. Serve slightly warm with plain or whipped cream.

NOTE—A combination of apples with the cranberries is another idea.

RAISIN PIE

1½ cups seeded raisins.
1½ cups boiling water.
2 tablespoons cornstarch.
¾ cup sugar.

⅛ teaspoon salt.
1 tablespoon lemon juice.
Grated rind of ½ lemon.
1 tablespoon butter.

Cook raisins in boiling water until tender. Mix cornstarch, sugar and salt and add to the raisins. Stir and cook until thick, adding the lemon and butter. Cool before placing between two crusts to bake at 450 degrees F. for 10 minutes and then reduce to 350 degrees F. and cook for another 20 minutes.

PINEAPPLE CHEESE PIE

3½ cups diced fresh pineapple.
½ cup grated cheese.

¾ cup granulated sugar.

Dice pineapple finely. Add sugar and allow to stand for an hour or more. Drain and turn into deep pie plate lined with pastry. Sprinkle on an extra ½ cup sugar in which ½ tablespoon flour has been mixed. Roll out top crust, sprinkle with ½ cup grated cheese and place on pie with cheese side next to the pineapple. Seal edges together. Bake at 450 degrees F. for 10 minutes or until brown, then reduce temperature to 350 degrees F. to complete the cooking—about 20 minutes.

GRAPE TART PIE

2 quarts blue grapes.
1 large apple.
¾ cup granulated sugar.

2 tablespoons flour.
1½ tablespoons butter.

Skin grapes. Cook pulp for 5 minutes. Strain out seeds. Combine pulp and skins, add very finely chopped apple. Sprinkle an unbaked 8-inch pie shell with 1½ teaspoons of the flour. Combine remaining flour with sugar. Pour fruit mixture into shell. Sprinkle with sugar and flour mixture. Dot with butter. Cover with strips of pastry. Bake at 450 degrees F. for 10 minutes. Reduce heat to 375 degrees F. to complete the cooking.

STRAWBERRY AND RHUBARB TART

2 cups diced rhubarb.
2 cups halved strawberries.
1¼ cups sugar.

2 teaspoons minute tapioca.
⅛ teaspoon salt.
Pastry.

Prepare rhubarb and strawberries. Combine with sugar, tapioca and salt. Turn this into a deep pie tin (9-inch) lined with pastry. Cover with strips of pastry ½-inch wide, arranged lattice-fashion. Bake at 425 degrees F. for 35 to 40 minutes or until fruit is tender and crust is browned. Serve with whipped cream. Serves 6.

DEEP DISH FRUIT PIES

Fill the plate or casserole with fruit or berries heaping it up well in the centre (sometimes an egg cup is inverted in the centre to act as a support for the crust). Moisten the rim of the plate with water so crust will adhere. Roll out crust to $\frac{1}{8}$ -inch thickness. Cut a couple of gashes in centre of pastry. Lift carefully, folded over, on to the fruit. Unfold and trim crust around edge with scissors, leaving a $\frac{1}{2}$ -inch border of pastry all round the dish. Turn the border under, making a rim of double thickness. Press this into the edge of the dish either by fluting it with the fingers or with the tines of a fork. Bake at 425 degrees F. until the crust is browned and the filling cooked. The nature of the filling governs this and it will range from 35 to 40 minutes. To test filling for "doneness", insert a skewer through the gashes in the crust.

RHUBARB AND STRAWBERRY DEEP DISH PIE

2 cups diced rhubarb.
1 cup whole strawberries.
 $\frac{3}{4}$ cup sugar.

1 tablespoon corn-
starch.
1 tablespoon butter.

Mix the fruit with the cornstarch and sugar. Fill the baking dish and dot with butter. Cover with pastry and continue as explained in general directions.

DEEP DISH CHERRY PIE

$2\frac{1}{2}$ cups pitted cherries.
 $\frac{2}{3}$ to 1 cup granulated
sugar.

1 tablespoon cornstarch.
1 tablespoon butter.
 $\frac{1}{8}$ teaspoon salt.

Combine sugar, cornstarch and salt with the cherries. Fill the baking dish. Dot with butter. Lay pastry on top, vented to allow escape of steam. Bake at 425 degrees F. until crust is browned and filling is cooked—about 35 minutes. Insert a skewer through the vents in the crust to test the filling.

DOUBLE CRUST BERRY PIE

Line pie plate with pastry. Sprinkle lightly with $\frac{1}{2}$ tablespoon flour. Fill with berries using 3 to 4 cups according to depth of pan. Sprinkle on $\frac{3}{4}$ to 1 cup of fine granulated sugar. Moisten around the edge of pie and trim off surplus pastry leaving $\frac{1}{2}$ inch over edge. Place on top crust in which air holes have been cut. Trim even with lower crust then press the two edges together and fold in toward centre of pie. Crinkle the edge in any desired manner. Place in hot oven 450 degrees F. for 10 to 15 minutes or until beginning to brown, then reduce temperature to 350 degrees F. to complete the cooking. Serve warm or cold with whipped or plain cream.

DEEP DISH PINEAPPLE PIE

3 cups finely chopped pineapple.
 $\frac{3}{4}$ cup sugar.

1 tablespoon flour.
 1 tablespoon butter.

Combine pineapple, sugar and flour. Place in dish and dot with butter. Cover with pastry and continue as explained in general directions.

DEEP CHERRY AND RHUBARB PIE

2 cups pitted cherries.
 2 cups diced rhubarb.
 1 tablespoon flour.

1 cup fine granulated sugar.
 $\frac{1}{2}$ tablespoon butter.
 Pastry.

Combine the two fruits. Mix the flour and sugar. Arrange the two mixtures alternately in the baking dish. Dot with pieces of butter. Place on pastry which has been rolled to fit pan. Trim and decorate as desired. Bake at 425 degrees F. for 35 to 40 minutes. Serve warm with cream.

PEACH PIE, COUNTRY STYLE

6 large peaches, sliced.
 $\frac{1}{2}$ cup raisins.
 1 cup brown sugar.

2 tablespoons butter.
 2 teaspoons lemon juice.

Peel and slice peaches. Arrange in baking dish in alternate layers with raisins, brown sugar and butter. Sprinkle with lemon juice. Dot with the butter. Cover with flaky pastry. Bake at 425 degrees F. for 35 to 40 minutes. Serves 6.

DEEP APPLE PIE, CANADIAN STYLE

6 large apples.
 $\frac{1}{2}$ cup seedless raisins.
 Grated rind of 1 lemon.

1 cup brown sugar.
 2 tablespoons butter.
 $\frac{1}{2}$ teaspoon nutmeg.
 Pastry.

Peel and core apples. Slice and arrange in baking dish, sprinkle each layer with raisins, lemon rind, brown sugar and nutmeg. Dot with butter. Cover with flaky pastry. Bake at 425 degrees F. for 35 to 40 minutes. Will serve 6.

SPICY FIG ROLL

$\frac{1}{2}$ pound cooking figs.
 $1\frac{1}{2}$ cups warm water.
 $\frac{1}{2}$ cup granulated sugar.
 1 tablespoon coarsely grated lemon rind.

$\frac{1}{4}$ cup diluted vinegar.
 $\frac{1}{2}$ teaspoon ground cinnamon.
 $\frac{1}{4}$ teaspoon ground cloves.
 1 tablespoon lemon juice.
 $\frac{1}{4}$ teaspoon salt.

Chop figs, soak in warm water for 1 hour. Add rest of ingredients. Simmer slowly for 20 minutes or until thick. Cool. Roll pastry to $\frac{1}{4}$ -inch thickness. Spread with cooled fig filling. Roll up as you would a jelly roll. Place on an unbuttered baking sheet, prick top with fork. Bake at 425 degrees F. for 20 minutes. Serve in slices with hot lemon sauce.

MINCEMEAT, No. 1

1 pound lean minced beef,
cooked.
1 cup liquid from meat.
 $\frac{3}{4}$ pound minced beef suet.
1 package seeded raisins.
3 cups brown sugar.
2 cups currants.
1 tablespoon ground mace.
1 tablespoon ground nutmeg.

1 tablespoon ground cinnamon.
1 tablespoon ground cloves.
 $2\frac{1}{2}$ pints chopped apple.
1 cup chopped citron peel.
Juice and minced rind 1 lemon.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup cherry juice.
 $\frac{1}{4}$ cup vinegar.

Combine all ingredients. Pack in sterilized jars and seal, or pack into a stone crock. Keep closely covered.

MINCEMEAT, No. 2

1 pound minced beef suet.
2 pounds seeded raisins.
2 pounds currants.
6 pints chopped apples.
1 tablespoon ground cinnamon.
1 tablespoon ground cloves.
1 tablespoon ground nutmeg.
1 pound brown sugar.
6 ounces mixed chopped peel.

Minced rind and juice of 1
lemon.
Minced rind and juice of 1
orange.
1 cup finely chopped blanched
almonds.
1 teaspoon almond flavoring.
 $\frac{3}{4}$ teaspoon salt.
2 cups apple cider.

Combine all ingredients. Pack into sterilized jars and seal, or into a stone crock and cover closely. Let stand at least 10 days before using.

CRANBERRY MINCEMEAT

2 cups apple cider.
1 pound chopped suet.
1 pound seeded raisins.
 $\frac{1}{2}$ pound cranberries, chopped.
1 orange, minced.
4 cups chopped apples.
 $\frac{1}{4}$ pound citron peel, chopped.
 $\frac{1}{4}$ pound orange peel, chopped.

$\frac{1}{4}$ pound lemon peel, chopped.
1 pound currants.
1 pound brown sugar.
 $\frac{1}{4}$ pound blanched almonds,
chopped.
 $\frac{1}{2}$ teaspoon nutmeg.
 $\frac{1}{2}$ teaspoon cinnamon.
 $\frac{1}{2}$ cup sherry wine or brandy.

Boil cider, uncovered, for 5 minutes. Add the suet, fruits and sugar and simmer together for 30 minutes. Add the remaining ingredients. Mix well and store in sterilized jars. This particular mincemeat has exceptionally good keeping qualities and is not too terribly rich as many are.

GREEN TOMATO MINCEMEAT

1 peck green tomatoes.
4 pounds granulated sugar.
2 pounds seedless raisins.

1 pound currants.
 $1\frac{3}{4}$ cups beef suet.

Chop green tomatoes finely. Scald with boiling water twice and allow the water to become cold each time. Drain well. Combine with other ingredients and cook together for about 1 hour. Allow to cool, then add:

1 cup cider vinegar.
 $\frac{1}{4}$ cup lemon juice.
2 teaspoons ground cinnamon.

1 teaspoon ground cloves.
1 teaspoon ground allspice.
 $1\frac{1}{2}$ teaspoons ground nutmeg.

Bottle, packing well, into hot sterilized jars. Seal and store in cool place.

MINCEMEAT, WITHOUT SUET

1 pound butter.
 1½ pounds currants.
 1 pound seeded raisins.
 1 pound seedless raisins.
 1½ pounds chopped apples.
 1½ pounds brown sugar.

½ pound chopped candied peel
 (mixed).
 1 tablespoon ground cinnamon.
 1 nutmeg, grated.
 ½ cup lemon juice.
 Grated rind of 2 lemons.

Combine the cleaned fruit, chopped apples and peel. Add the sugar, melted butter, spices, lemon juice and grated rind. Pack into jars until ready to use. Keep in a dark, cool place. Makes about 6 or 8 pies.

CUSTARD PIE

3 cups milk.
 3 eggs.
 ½ cup sugar.

¼ teaspoon salt.
 1 teaspoon vanilla.
 Few gratings nutmeg.

Line pie plate with pastry. Chill for one hour. Beat eggs slightly, add vanilla, sugar, salt and nutmeg. Then milk. Stir well. Strain into chilled pastry. Bake at 450 degrees F. for 10 minutes, then reduce to 325 degrees for 25 minutes.

COCOANUT CUSTARD PIE

3 eggs.
 ½ cup sugar.
 ¼ teaspoon salt.
 3 cups milk.

½ teaspoon vanilla OR
 ½ teaspoon nutmeg.
 ½ cup cocoanut.

Beat the eggs slightly, add sugar and salt. Beat lightly again. Add cold milk and vanilla. Strain into chilled pastry shell. Sprinkle with cocoanut. Bake in a hot oven at 450 degrees F. for 10 minutes, reduce heat to 350 degrees for 30 minutes or until custard is set. More cocoanut may be sprinkled over the custard when nearly set and allowed to brown on top.

MRS. FRISE'S LEMON CHIFFON PIE

3 egg whites.
 ¼ teaspoon salt.
 ½ cup fine granulated sugar.
 3 egg yolks.

½ cup fine granulated sugar.
 3½ tablespoons lemon juice.
 2½ tablespoons water.
 1 large pie shell, baked.

Beat egg whites with the salt until stiff. Add sugar gradually and beat in well. Combine egg yolks, sugar, lemon juice and water. Cook in double boiler until thickened. Beat into the egg white. Pile this mixture into a baked pie shell. Bake at 300 degrees F. for 40 to 45 minutes or until firm to touch. Cool slowly—away from any draughts. Serves 6.

This pie settles, of course, a bit after it comes from the oven. Do not cook too quickly nor too long. The time varies according to thickness.

PUMPKIN PIE

2 cups cooked pumpkin.
2 eggs.
 $\frac{3}{4}$ cup granulated sugar.
 $\frac{1}{2}$ teaspoon ginger.

$\frac{1}{2}$ teaspoon cinnamon.
 $1\frac{1}{4}$ cups milk.
 $\frac{1}{8}$ teaspoon salt.

Be sure pumpkin is well mashed and without lumps. Beat eggs until frothy, add sugar and beat in well using Dover beater. Add pumpkin and seasonings, and milk. Pour into a deep 8-inch pie plate lined with pastry. Bake in hot oven at 450 degrees F. for 10 minutes, to set the crust and prevent pie from soaking. Reduce heat to 375 degrees F. until filling is set. Total time, 45 to 50 minutes. Serves 6.

PUMPKIN CHIFFON PIE

2 tablespoons gelatine.
 $\frac{1}{4}$ cup cold water.
 $\frac{1}{2}$ cup milk.
 $\frac{1}{2}$ teaspoon ginger.
 $\frac{1}{4}$ teaspoon nutmeg.
 $\frac{1}{2}$ teaspoon cinnamon.

$\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{4}$ cups puréed pumpkin.
1 cup granulated sugar.
3 egg yolks, slightly beaten.
3 egg whites, stiffly beaten.

Soak gelatine in cold water for 5 minutes. Add milk, seasonings, pumpkin and sugar to egg yolks, cook in top of double boiler until thick, add soaked gelatine to hot mixture, stir until dissolved, cool. When partially set fold in egg whites. Pour into baked pastry shell and chill in refrigerator until set.

LEMON CHIFFON PIE

$\frac{1}{2}$ tablespoon gelatine.
2 tablespoons cold water.
4 egg yolks.
 $\frac{1}{4}$ cup lemon juice.

$\frac{1}{4}$ cup granulated sugar.
4 egg whites.
 $\frac{1}{8}$ teaspoon salt.
3 tablespoons fruit sugar.

Soak gelatine in cold water. Cook yolks, lemon juice and granulated sugar in double boiler for 3 minutes. Add gelatine and stir until dissolved. Cool. Make a meringue of egg whites, salt and fruit sugar. Fold cooked mixture into meringue. Pile in 9-inch baked crust, mounding it up well in centre. Chill. Serve with whipped cream garnished with cherries.

LEMON SPONGE PIE

2 egg yolks.
1 cup sugar.
2 tablespoons flour.
 $\frac{1}{8}$ teaspoon salt.
 $1\frac{1}{2}$ teaspoons grated lemon rind.

$\frac{1}{4}$ cup lemon juice.
1 cup milk.
1 tablespoon melted butter.
2 egg whites.

Beat egg yolks and add the sugar and beat well, adding the flour and the salt. Add all the other ingredients except the egg whites. Beat the egg whites until stiff, but not dry, and fold into the other ingredients. The egg whites should not be entirely folded in as the pie looks more interesting with a few bits left on top. Turn into an unbaked pie shell. Bake in hot oven at 425 degrees F. for 15 minutes and then reduce the heat to 325 degrees F., and bake until set, about 30 minutes.

MAGIC LEMON PIE

1 can sweetened condensed
milk ($1\frac{1}{3}$ cups).
2 egg yolks.

$\frac{1}{2}$ cup lemon juice.
Grated rind of 2 lemons.
Few grains of salt.

Combine all ingredients very thoroughly. Pour into baked pie shell. Cover with meringue. Brown in oven at 300 degrees F. Chill. Sliced strawberries may be added to the filling.

NOTE—Be sure to purchase sweetened condensed milk, not the evaporated.

MARVEL LEMON PIE

1 package lemon jelly powder.
 $\frac{3}{4}$ cup sugar.
 $\frac{1}{8}$ teaspoon salt.
 $1\frac{1}{2}$ teaspoons grated lemon rind.

2 egg yolks.
 $1\frac{3}{4}$ cups boiling water.
3 tablespoons lemon juice.
1 baked pie shell.

Combine jelly powder, sugar, salt and rind. Add 3 tablespoons of the water then the egg yolks and stir well. Add remaining water and stir until gelatine is dissolved. Cool. Add lemon juice. Chill, when slightly thickened turn into cold, baked pie shell. Chill until firm. Cover with whipped cream.

CHERRY CREAM PIE

1 baked pie shell.
1 cup 32 per cent. cream, whipped.
 $1\frac{1}{2}$ tablespoons fruit sugar.

$1\frac{1}{2}$ cups stewed sweetened
black cherries.
2 tablespoons cornstarch.

Whip cream and add sugar. Heat cherries to which has been added the cornstarch. Boil until thick and clear. Chill. Pour half of cherry mixture into baked pie shell. Cover with whipped cream, then put cherry mixture on top again. Chill well before serving.

ORANGE MERINGUE PIE

$\frac{3}{4}$ cup granulated sugar.
4 tablespoons flour.
2 tablespoons cornstarch.
 $\frac{1}{8}$ teaspoon salt.
2 egg yolks.

$1\frac{1}{2}$ cups water.
 $\frac{3}{4}$ cup orange juice.
 $\frac{1}{4}$ cup lemon juice.
1 teaspoon grated orange rind.

Combine all dry ingredients and add the slightly beaten egg yolks. Stir in the water, fruit juices and rind. Cook together in double boiler for 15 minutes, stirring frequently. When slightly cooled, pour into a baked pie shell. Cover with a meringue made from:

2 egg whites.
 $\frac{1}{8}$ teaspoon salt.

3 tablespoons fruit
sugar.

Beat egg whites with salt until stiff. Add sugar gradually. Pile on filling and bake at 300 degrees F. for 15 to 30 minutes or until brown.



THE PERFECT PIE

Meringue that stands and a crust that crumbles with goodness.

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CHOCOLATE CHIFFON PIE

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| 2 squares unsweetened chocolate. | 2 teaspoons gelatine. |
| $\frac{1}{2}$ cup milk. | 2 tablespoons cold water. |
| $\frac{1}{2}$ cup granulated sugar. | 3 egg whites. |
| $\frac{1}{4}$ teaspoon salt. | 3 tablespoons fruit sugar. |
| $\frac{1}{2}$ teaspoon vanilla. | |

Grate chocolate into the double boiler with the milk. Add sugar and salt. Stir until chocolate is melted and beat with Dover egg-beater. Add the vanilla, and the gelatine soaked in cold water. Stir until dissolved and chill until just beginning to thicken a little. Meanwhile beat the egg whites until stiff. Add the sugar and beat again. Beat in the chocolate mixture and turn at once into a deep baked pie shell. Chill and serve with whipped cream and chopped nuts. Serves 6 to 8.

RASPBERRY DELIGHT PIE

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|--------------------------------|-----------------------------|
| 2 egg whites. | 1 pint fresh raspberries. |
| $\frac{1}{4}$ teaspoon salt. | $\frac{1}{2}$ cup cocoanut. |
| $\frac{1}{2}$ cup fruit sugar. | |

Beat egg whites and salt until stiff, add the sugar very gradually, beating it in well. Fold in fruit and cocoanut. Pile in baked pie shell, mounding it up well. Bake at 300 degrees F. 35 minutes or until firm. Serve chilled with whipped cream.

CREAM PIE FILLING

- | | |
|-------------------------------------|-----------------------------------|
| $\frac{3}{4}$ cup granulated sugar. | $1\frac{3}{4}$ cups scalded milk. |
| 4 tablespoons cornstarch. | 2 egg yolks. |
| $\frac{1}{8}$ teaspoon salt. | $\frac{1}{2}$ teaspoon vanilla. |
| $\frac{1}{4}$ cup cold milk. | |

Mix dry ingredients with cold milk. Add to scalded milk and cook for 10 to 15 minutes. Add hot mixture to slightly beaten egg yolks and return to double boiler for a few minutes. Add vanilla and cool slightly before adding to crust.

CREAM TRIPLE TART

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|--|---|
| 3 round layers of pastry
(7 inches diameter). | $\frac{1}{2}$ cup 32 per cent. cream,
whipped and sweetened. |
| 1 recipe cream filling. | |

TO MAKE PASTRY LAYERS—

Cut the 3 rounds of pastry, using a plate as a guide. Cut out centre of one round only, leaving $1\frac{1}{2}$ -inch rim. Place separately on baking sheet. Prick well with fork. Bake at 425 degrees F. for 10 to 15 minutes. Cool.

TO ARRANGE TART—

Put together pastry circles and filling as you would a layer cake, having the layer with the hole on top. Fill the hole with whipped cream and sprinkle with chocolate shot.

DATE CREAM PIE

$\frac{3}{4}$ cup chopped dates.

Add to cream filling. Top with meringue or whipped cream. Sprinkle lightly with cinnamon.

MARASCHINO CHERRY CREAM PIE

$\frac{1}{4}$ cup chopped maraschino cherries.

$\frac{1}{4}$ teaspoon almond flavoring.

Omit vanilla from cream pie filling. Add above ingredients. Top with meringue or whipped cream. Garnish with cherries.

COCOANUT CREAM PIE

$\frac{1}{2}$ cup shredded cocoanut.

Add to cream filling. Top with meringue or whipped cream. Sprinkle with cocoanut.

BOSTON CREAM PIE**CAKE—**

3 eggs.
 $\frac{1}{8}$ teaspoon salt.
1 cup fruit sugar.
 $\frac{1}{2}$ cup boiling water.

$1\frac{1}{2}$ cups flour.
2 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon vanilla or almond extract.

Separate the eggs. Beat the yolks and add half of sugar and beat again. Add water, flavoring and then flour and baking powder sifted together. Add salt to the egg whites and beat until stiff. Add remaining sugar and beat in well. Fold into first mixture and bake in square or round 8-inch pan at 325 degrees F. for 50 minutes. Invert on cake rack. Cool. Remove from pan. Split in half and spread with cream filling.

TO FINISH CAKE—

Ice with 1 cup whipped cream or sift icing sugar over the top. Will give 6 to 8 large servings.

MERINGUE FOR PIES

2 egg whites.
Few grains salt.

3 tablespoons fruit sugar.

Beat egg whites and salt until stiff but not dry (should still be glossy). Add sugar gradually, about $\frac{1}{2}$ tablespoon at a time, beating it in well each time. Mound roughly on pie, and bake at 300 degrees F. until brown. Cool gradually, keeping it out of draughts.

PINEAPPLE CREAM PIE

1 cup drained, crushed, canned
pineapple.

Add to cream filling. Top with meringue or whipped cream.

MAPLE CREAM PIE

1 baked pie crust OR
6 large tart shells.
1 cup milk.
 $\frac{1}{2}$ cup maple syrup.
2 egg yolks.

$2\frac{1}{2}$ tablespoons cornstarch.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{3}$ cup cold milk.
1 tablespoon butter.

Measure milk and syrup into the double boiler and scald. Combine the cornstarch with the egg yolks, salt and cold milk. Add this mixture to the scalded milk. Cook until thick, add butter and pour into a baked pie shell. Cover with a meringue made with the 2 egg whites and 3 tablespoons fruit sugar. Brown at 300 degrees F.

CHOCOLATE WALNUT PIE

$\frac{1}{3}$ cup cocoa.
1 cup granulated sugar.
1 tablespoon cornstarch.
2 tablespoons flour.
 $\frac{1}{2}$ teaspoon salt.
1 cup milk.

1 cup boiling water.
1 egg, well beaten.
2 tablespoons butter.
1 teaspoon vanilla.
 $\frac{1}{2}$ cup chopped walnuts.

Combine dry ingredients. Add milk and mix until smooth. Now add water and cook together until thick and clear, about 10 minutes. Now, add some hot mixture to the beaten egg, mix well and then return to the saucepan. Cook 2 to 3 minutes longer, add butter and vanilla, mix well together and then add the nuts. Pour into baked pie shell. Cool. Cover with $\frac{1}{2}$ cup cream, whipped and sweetened. Sprinkle with sifted powdered cinnamon.

CHOCOLATE ALMOND FLUFF PIE

3 tablespoons cocoa.
3 tablespoons cornstarch.
1 cup granulated sugar.
 $\frac{1}{4}$ teaspoon salt.
 $1\frac{1}{2}$ cups boiling water.

$\frac{1}{2}$ tablespoon butter.
1 egg white.
 $\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{2}$ cup blanched browned
almonds, chopped.

Combine dry ingredients. Stir in the boiling water gradually. Bring to boil, stirring constantly, and cook until clear and transparent, about 10 minutes. Add butter and vanilla. Then fold in lightly the stiffly beaten egg white and the almonds. Pour into baked pie shell and chill. Serve mounded with whipped cream and sprinkled with more chopped browned almonds.

BUTTERSCOTCH PIE

4 tablespoons butter.
 $\frac{1}{3}$ cup flour.
 $1\frac{1}{2}$ cups brown sugar.
 $\frac{1}{8}$ teaspoon salt.

$1\frac{1}{2}$ cups milk.
2 egg yolks.
 $\frac{1}{4}$ teaspoon vanilla.

Combine butter, flour, salt and sugar together in a saucepan. Stir over heat until blended together and slightly caramelized. Add milk and cook in top of double boiler until thick and there is no taste of raw starch (about 15 minutes). Pour some of hot mixture on beaten egg yolks. Return to double boiler and cook 2 minutes longer. Add vanilla. Pour into baked pie shell. Cover with a meringue made from the 2 egg whites and 3 tablespoons fruit sugar. Brown at 300 degrees F. for 15 minutes. Whipped cream may be used in place of the meringue and then sprinkled with chopped nuts.

LEMON AND ORANGE PIE

1 cup granulated sugar.
1 cup cold water.
 $2\frac{1}{2}$ tablespoons cornstarch.
 $\frac{1}{8}$ teaspoon salt.
1 teaspoon orange rind.

1 teaspoon lemon rind.
2 egg yolks.
2 tablespoons orange juice.
2 tablespoons lemon juice.
2 tablespoons butter.

Combine sugar and water. Heat to boiling. Add the cornstarch, rinds, egg yolks and salt, which have been mixed with 2 extra tablespoons of cold water. Cook until thick, stirring constantly. Add the juices and butter. Reheat to boiling. Chill slightly. Pour into baked pie shell. Top with meringue made from the 2 egg whites.

LEMON MERINGUE PIE

3 tablespoons flour.
3 tablespoons cornstarch.
1 cup sugar.
Few grains salt.
 $1\frac{1}{2}$ cups boiling water.

2 egg yolks.
1 tablespoon butter.
 $\frac{1}{4}$ cup lemon juice.
Grated rind of 1 lemon.

Mix dry ingredients, add boiling water. Stir while cooking until there is no taste of raw starch (about 10 minutes). Add some of hot mixture to egg yolks and return to stove and cook 2 to 3 minutes longer. Remove from heat, add butter, lemon juice and rind as mixture cools. Pour into baked shell, cover with meringue. Bake at 300 degrees F. until meringue is browned.

In the above recipe the flour and cornstarch combination make a smooth filling of a very delicate consistency.

PEACH PIE DE LUXE

3 cups diced peaches.
1 cup granulated sugar.
1½ tablespoons cornstarch.
⅛ teaspoon salt.

¼ teaspoon almond extract.
1 deep baked pie shell.
¾ pint 32 per cent. cream, whipped.

Peel and dice peaches. Combine sugar, cornstarch and salt. Add to 1 cup of the diced peaches and leave to stand 15 minutes, stirring frequently. Place the other 2 cups of peaches in the baked pie shell. Now, cook the cornstarch mixture until thick and clear. Add the almond extract and pour this mixture over the raw peaches. Chill. Cover with whipped cream. Serves 6.

BLUEBERRY MERINGUE PIE

3 cups blueberries.
¾ cup sugar.
¾ cup hot water.
2½ tablespoons cornstarch.
1 tablespoon cold water.

¼ teaspoon salt.
2 egg yolks.
1 teaspoon lemon juice.
1 teaspoon orange juice.

Bring blueberries, water and sugar to a boil and boil for 2 to 3 minutes. Strain out berries, add cornstarch and salt mixed with cold water. Cook until thick and clear. Remove from fire, add the egg yolks, return to the stove and cook for 2 minutes. Add the blueberries which were strained out and the fruit juices. Pour into baked pie shell. Cover with a meringue made from the egg whites and 3 tablespoons fruit sugar. Bake at 300 degrees F. 15 to 20 minutes to brown meringue.

FRESH STRAWBERRY CREAM TART

1 pint box strawberries.
2 tablespoons fruit sugar.
1 cup scalded milk.
1½ tablespoons cornstarch.
⅓ cup granulated sugar.

⅛ teaspoon salt.
2 tablespoons cold milk.
1 egg yolk.
6 large baked tart shells.

Wash and hull berries. Sprinkle with the fruit sugar and leave to stand for ½ hour. Scald the milk and add the dry ingredients which have been blended together with the cold milk. Cook until thick and there is no taste of raw starch (about 10 minutes) then add some of the hot, thick mixture to the egg yolk. Stir back into saucepan and cook for 2 minutes longer. Pour into the bottom of the baked tart shells. Place the strawberries, hull end down, into the cream mixture. Chill and top with whipped cream. Sprinkle with fresh grated cocoanut. Serves 6.

PINEAPPLE WHIPPED CREAM PIE

1 baked pie shell.
1 can crushed pineapple.
1½ tablespoons cornstarch.
2 teaspoons lemon juice.

¼ teaspoon salt.
3 tablespoons chopped maraschino cherries.
¼ pint whipping cream.

Add cornstarch to pineapple and heat to boiling. Cook for 10 minutes or until thick and clear. Add salt, lemon juice and maraschino cherries. Cool slightly and then turn into the baked pie shell. Cool well and then cover with mounds of whipped cream.

PINEAPPLE GINGER PIE

1½ cups diced marshmallows.
¾ cup pineapple syrup.
1 cup drained crushed pineapple.
½ cup chopped nuts.

¼ cup chopped maraschino cherries.
1 cup 32 per cent. cream, whipped.
2 tablespoons fruit sugar.
1¼ cups gingersnap crumbs.

Combine marshmallows with the pineapple syrup. Allow to stand ½ hour. Fold in whipped cream, sugar, cherries and nuts. Meanwhile, line a buttered pie plate with gingersnap crumbs. Cover the crumbs with the pineapple. Now, pour on the other mixture. Garnish with red cherries. Allow to stand for at least 5 hours. Will serve 6.

ICE CREAM PIE

1 baked pie shell.
1 pint any flavor ice cream.
1 cup any well-drained fresh or canned fruit.

3 egg whites.
⅓ cup fruit sugar.
2 tablespoons cocoanut.

Place baked pie shell on serving plate. Spread fruit over bottom of crust. Arrange ice cream on top of fruit, working quickly so it will not melt. Meanwhile have a meringue made from egg whites and fruit sugar. Spread this over ice cream, making sure it is all covered. Sprinkle with cocoanut. Run under hot flame in the broiler or top element and brown quickly. Serve at once!

BUTTERSCOTCH PEACH PIE

6 large peaches.
⅓ teaspoon cinnamon (if desired).
⅓ cup butter.

⅓ cup flour.
½ cup brown sugar.
Pastry.

Line pie tin with pastry. Cover with diced peaches. Meanwhile, cream together the butter, flour and sugar. Scatter this mixture over top of peaches. Bake at 425 degrees F. for 35 to 40 minutes. Serve warm with cream. Serves 6.

Small Pastries and Tarts

INDIVIDUAL GRAPE PIES

6 cups grapes, stemmed.
1 tablespoon orange juice.
1 tablespoon cornstarch.

$\frac{3}{4}$ cup granulated sugar.
1 egg, well beaten.
 $\frac{1}{8}$ teaspoon salt.

Skin grapes. Place pulp in saucepan and simmer covered for 5 minutes until tender. Press through a sieve to remove seeds. Combine together with the skins and remaining ingredients. Line muffin tins with pastry. Fill $\frac{2}{3}$ full with grape mixture. Place a small curl of pastry on top of each tart. Bake at 400 degrees F. for 20 minutes or until the crust is brown and the filling is set. Cool and serve topped with whipped cream.

FRESH STRAWBERRY TARTS

1 quart fresh strawberries.
1 cup fruit sugar.
1 package strawberry jelly powder.

$1\frac{1}{4}$ cups boiling water.
 $\frac{1}{2}$ cup 32 per cent. cream, whipped.
8 large baked tart shells.

Combine strawberries and sugar and leave to stand 1 hour. Dissolve jelly powder in boiling water. Pour over the berries and chill until it begins to thicken, stirring often. Fold about 4 tablespoons of gelatine into the whipped cream. Chill. Place a layer of whipped cream in the bottom of each baked tart shell. Chill and cover with a layer of jellied strawberries, pressing hull end of each berry into the cream. Pour on more thickened jelly to fill each tart. Chill again and serve.

JELLIED RASPBERRY TARTS

1 package raspberry jelly powder.
1 cup boiling water.
1 cup cold water.
 $\frac{1}{8}$ teaspoon salt.

1 pint box raspberries.
3 tablespoons fruit sugar.
1 tablespoon lemon juice.

Dissolve jelly powder in boiling water. Add cold water and salt. Chill, and allow to partially set. Fold in the raspberries which have been washed and sprinkled with the sugar and lemon juice. Turn into baked tart shells and top with whipped cream and raspberries. Chill well before serving.

PIGNOLIA DATE TARTS

2 tablespoons butter.
 $\frac{1}{2}$ cup brown sugar.
1 egg.

$\frac{1}{2}$ cup chopped dates.
 $\frac{1}{4}$ cup pignolia nuts.
2 teaspoons lemon juice.

Cream butter, add sugar and cream well. Add the egg and beat until mixture is smooth. Add dates, nuts and lemon juice. Place in spoonfuls in pastry-lined tart tins. Bake at 425 degrees F. for about 15 minutes or until browned. Makes about 12 tarts.

WINTER FRUIT TARTS

8 baked tart shells.
1 can diced fruit cocktail.
1 tablespoon cornstarch.
 $\frac{1}{4}$ pint 32 per cent. cream, whipped.

1 tablespoon lemon juice.
 $\frac{1}{8}$ teaspoon salt.
3 tablespoons sliced brazils.

Drain can of fruit cocktail, measure $\frac{3}{4}$ cup juice (add water if necessary to make amount). Add lemon juice and stir gradually into the cornstarch in a saucepan. Add salt. Cook until thick and clear. Add fruit and chill. Whip cream, sweeten slightly. Place the cream in the bottom of each baked tart shell. Now, pile on the cooled fruit mixture. Sprinkle well with brazils. Serves 8.

TAFFY COCOANUT TARTS

1 egg.
 $1\frac{1}{4}$ cups brown sugar.
1 tablespoon melted butter.

$\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon vanilla.
1 cup shredded cocoanut.

Beat egg well. Add brown sugar, salt and vanilla and beat in well. Now, add cocoanut and melted butter. Have tart tins lined with pastry. Place some of this mixture in each tart. Bake at 400 degrees F. for 20 minutes or until browned. Makes about 18 tarts.

CHEESE TARTS

1 cup cottage cheese.
 $\frac{1}{4}$ teaspoon salt.
2 tablespoons cream.
 $\frac{1}{4}$ teaspoon nutmeg.

Grated rind of $\frac{1}{2}$ lemon.
2 eggs.
 $\frac{1}{2}$ cup sugar.
 $\frac{1}{4}$ cup currants.

Blend together, using a fork, cheese, salt, cream, nutmeg and lemon rind. Beat eggs and sugar. Combine two mixtures and add currants. Fill unbaked tart shells $\frac{2}{3}$ full. Bake in oven at 425 degrees F. for 20 minutes or until delicately browned. This is quite delicious and you can use it as a whole pie filling as well if you want to serve it that way.

CHEESE WHEELS

Roll pie crust into a thin rectangular sheet. Cover with a layer of grated cheese. Pat in well. Roll up like a jelly roll. Slice roll into $\frac{1}{2}$ -inch slices. Place on baking sheet, cut side down. Sprinkle with paprika. Bake at 425 degrees F. for 15 minutes, or until brown. Cool and sprinkle with salt. Delicious as a garnish for a fruit salad.

JAM TARTS

Roll out pastry until thin. Cut out with a round cutter and line small tart tins. Place 1 teaspoon thick jam in each tart. In the centre of the jam, place the tiniest little piece of pastry. Bake at 425 degrees F. for 10 to 15 minutes, according to size of tart.

BUTTER TARTS

$\frac{1}{4}$ cup butter.
1 cup brown sugar.
2 eggs.

1 cup currants.
1 tablespoon lemon juice.

Cream butter and sugar together very thoroughly. Add eggs well beaten, then currants and lemon juice. Line patty tins with pastry, fill $\frac{3}{4}$ full with mixture. Bake at 425 degrees F. for 12 to 18 minutes. Makes 12 to 18 tarts, according to size.

DOLLY VARDEN TARTS

3 tablespoons butter.
 $\frac{1}{2}$ cup fine granulated sugar.
1 egg.
 $\frac{1}{4}$ teaspoon flavoring.
 $\frac{1}{8}$ teaspoon salt.

$1\frac{1}{4}$ teaspoons baking powder.
 $\frac{3}{8}$ cup flour.
 $\frac{1}{4}$ cup milk.
Pastry.
Jam.

Cream butter, add sugar gradually, cream well together. Add well-beaten egg and flavoring. Beat well. Add alternately the milk and dry ingredients, adding the baking powder with the last amount of flour. Meanwhile line tart tins with pastry and place a layer of your favorite jam in the bottom, then a layer of cake mixture to make the tart tins almost $\frac{1}{2}$ full. Bake at 400 degrees for 25 to 30 minutes, according to size. Will make 12 large tarts.

SOUR CREAM TARTS

$1\frac{1}{2}$ cups sour cream.
1 cup fine granulated sugar.
 $2\frac{1}{2}$ tablespoons flour.
2 egg yolks, slightly beaten.

$\frac{1}{2}$ cup seedless raisins.
 $\frac{1}{2}$ cup chopped nuts.
 $\frac{1}{4}$ teaspoon vanilla.
 $\frac{1}{8}$ teaspoon salt.

Heat cream and sugar together over hot water until sugar is dissolved. Combine flour and egg yolks with $\frac{1}{4}$ cup sour cream mixture, slightly cooled. Add to cream on stove and cook until thick. Add nuts and raisins, vanilla and salt. Pour into baked pie or tart shells. Top with meringue and bake at 300 degrees F. until lightly browned.

BROWN SUGAR TARTS

1 egg, well beaten.
1 cup brown sugar.

Few grains salt.
 $\frac{1}{8}$ teaspoon vanilla.

Add brown sugar, salt and vanilla to beaten egg. Beat until fluffy and turn in tart tins lined with pastry. Bake at 425 degrees F. for 12 to 18 minutes. Add nuts if desired.

LEMON TARTS

Grated rind of 1 lemon.
3 tablespoons lemon juice.
 $\frac{1}{5}$ cup stale cake crumbs.

2 eggs, lightly beaten.
1 cup granulated sugar.

Combine all the ingredients and beat well. Fill pastry lined tart tins. Bake at 425 degrees F. for 20 to 25 minutes. Makes 10 to 12 tarts.

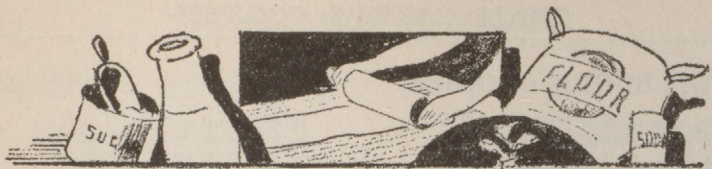
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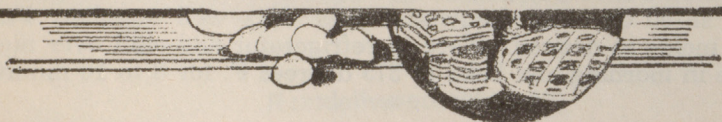
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SMALL CAKES & COOKIES



THERE are such a variety of cookies and small cakes that it is safe to say there is one for any occasion.

Rolled cookies are almost a thing of the past as they are gradually giving way to the easier ice-box cookie. However, if you must make a rolled cookie as we do on occasions, chill the dough before you roll it out and you will find that it is so much easier. Flour the board lightly and do not attempt to roll out too much at a time. Use your cutter judiciously, keeping the shapes as close as you can to overcome waste.

Chill ice-box cookies either in rolls wrapped in wax paper, in regular molds that can be bought for this purpose, or in cartons such as butter cartons. The thinner you slice the cookie the crisper will be your product.

For drop cookies it is often wise to test one cookie on a small pan before dropping a whole panful as the difference in the size of eggs and often oven temperature will cause a variance in spreading possibilities. The chilling of a drop cake mixture before baking will also help prevent spreading. Moreover you can store most drop cake mixtures in a covered jar in the refrigerator to be brought out and baked as needed.

The small cake baked in a pan and cut after baking is the easiest and is recommended when time is a factor.

Macaroons and meringues require careful following of rules and remember that even the merest trace of egg yolk in the egg will prevent the egg white from beating. Have the oven temperature low as meringues really dry out rather than bake.

BROWN SUGAR COOKIES

$\frac{2}{3}$ cup melted butter.
2 cups brown sugar.
2 eggs, well beaten.
 $\frac{1}{4}$ teaspoon vanilla.
 $3\frac{1}{2}$ cups flour.

$\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon cream of tartar.
 $\frac{1}{2}$ teaspoon baking soda.
1 cup chopped nuts.

Combine butter and sugar. Add eggs and vanilla and beat well. Add sifted dry ingredients and nuts. Mix well together. Form into molds as desired. Place in refrigerator and chill over night. Slice in morning and bake at 375 degrees F. for 8 to 10 minutes.

CRISPIE COOKIES

2 cups brown sugar.
 $\frac{1}{2}$ cup honey or corn syrup.
 $\frac{1}{4}$ cup butter.
1 tablespoon lemon juice.
1 tablespoon grated lemon rind.
1 egg.
2 tablespoons milk.

$4\frac{1}{2}$ cups pastry flour.
1 teaspoon cinnamon.
 $\frac{1}{4}$ teaspoon cloves.
 $\frac{1}{4}$ teaspoon nutmeg.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon baking soda.

Mix the sugar and honey or corn syrup. Heat over a low flame until sugar is melted; do not boil. Add butter, lemon juice and rind. Cool. Combine with milk and beaten egg. Add sifted dry ingredients. Chill slightly. Form into cylindrical rolls. Let stand over night in refrigerator. Cut in thin slices. Bake on a lightly buttered baking sheet at 375 degrees F. for 10 minutes. Makes 7 to 8 dozen cookies.

GRANDMOTHER'S ICE-BOX COOKIES

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup shortening.
 $\frac{2}{3}$ cup brown sugar.
 $\frac{2}{3}$ cup white sugar.
2 eggs.

1 teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon baking powder.
3 cups flour.

Cream butter, shortening and sugars together. Add well-beaten eggs. Now, add sifted dry ingredients. Mix well, form into rolls and allow to chill for several hours. Cut in thin slices and bake in moderate oven 375 degrees F. for 8 to 10 minutes. Makes about 8 to 10 dozen cookies.

ORANGE ICE-BOX COOKIES

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup shortening.
2 cups brown sugar.
3 eggs, well beaten.
2 tablespoons orange marmalade.

4 cups flour.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon baking soda.
 $\frac{1}{2}$ cup cocoanut.

Cream butter and shortening. Add sugar and well-beaten eggs. Now add marmalade. Add flour, salt and baking soda sifted together. Stir in cocoanut. Form into 4 rolls, and wrap in wax paper. Chill over night in refrigerator. Slice thinly and bake at 375 degrees F. for 8 to 10 minutes. Makes about 7 dozen cookies.

CHRISTMAS PINWHEELS

$\frac{3}{4}$ cup butter.
2 cups brown sugar.
2 eggs.
4 cups flour.

1 teaspoon baking soda.
 $\frac{1}{2}$ teaspoon cream of tartar.
 $\frac{1}{2}$ teaspoon salt.
Green coloring.

Cream butter well and add sugar. Add eggs and beat well into the mixture. Mix and sift the dry ingredients and thoroughly mix into the other ingredients. Divide mixture into 2 parts adding green coloring to the one part. Chill the mixtures well and then roll out both parts quickly. Place the green dough on the white and press well together with a rolling pin. Now roll up as for a jelly roll. Wrap in wax paper and chill well (overnight is preferable) until firm. Slice the cookies into about $\frac{1}{8}$ -inch thickness. Bake at 375 degrees F. for about 10 to 15 minutes. Makes about 8 dozen cookies according to size.

SPICED ALMOND COOKIES

$\frac{3}{4}$ cup butter.
1 cup brown sugar.
2 eggs (small).
 $2\frac{1}{2}$ cups flour.
 $\frac{1}{2}$ teaspoon baking soda.

$\frac{1}{8}$ teaspoon salt.
1 teaspoon cinnamon.
 $\frac{3}{4}$ cup shredded blanched almonds.

Cream butter and sugar well together, add well-beaten eggs. Combine dry ingredients and sift into above mixture. Add almonds and mix all well together. Roll into 2 rolls. Wrap in wax paper and chill over night. Bake at 375 degrees F. for 8 to 10 minutes, according to thickness. Makes from 4 to 5 dozen cookies.

CHOCOLATE CRISPS

1 cup brown sugar.
 $\frac{1}{2}$ cup melted butter.
1 egg, well beaten.
1 teaspoon vanilla.

$1\frac{1}{2}$ cups flour.
 $\frac{1}{2}$ cup cocoa.
 $\frac{1}{2}$ teaspoon baking soda.
1 cup chopped walnuts.

Combine brown sugar and butter. Add well-beaten egg, add vanilla, dry ingredients and nuts. Chill slightly in refrigerator, then form into rolls. Chill again wrapped in wax paper until firm. Slice into $\frac{1}{8}$ -inch slices and bake at 375 degrees F. for 10 minutes.

HONEY ICE-BOX COOKIES

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup honey.
 $\frac{1}{2}$ cup brown sugar.
1 egg.
 $2\frac{1}{2}$ cups pastry flour.

$\frac{1}{4}$ teaspoon baking soda.
1 teaspoon baking powder.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon vanilla.
 $\frac{3}{4}$ cup chopped walnuts.

Cream butter well with the honey and sugar. Add the egg and mix well. Add dry ingredients, then vanilla and nuts. Form into rolls or pack into wax paper lined tins. Wrap rolls in wax paper and chill well. Slice thinly and bake at 375 degrees F. for 10 to 12 minutes.

GINGER ICE-BOX COOKIES

1 cup brown sugar.
 $\frac{1}{2}$ cup soft butter.
 2 eggs.
 $\frac{1}{2}$ cup light molasses.
 $4\frac{1}{2}$ cups flour.

$\frac{1}{2}$ teaspoon salt.
 1 teaspoon baking soda.
 $1\frac{1}{2}$ teaspoons ginger.
 $\frac{1}{2}$ teaspoon cinnamon.

Cream sugar and butter well together. Add the eggs and beat very thoroughly. Now, add the molasses and sifted dry ingredients. Mix well. Form into rolls. Wrap in wax paper and chill over night in refrigerator. Cut into thin slices with a sharp knife and bake at 375 degrees F. for about 12 minutes. Makes 5 to 7 dozen cookies according to size.

LEMON BUTTER COOKIES

1 cup butter.
 $\frac{1}{2}$ cup granulated sugar.
 1 tablespoon grated lemon rind.
 1 egg, well beaten.

$\frac{1}{4}$ cup milk.
 3 cups flour.
 $2\frac{1}{2}$ teaspoons baking powder.
 1 tablespoon lemon juice.

Cream butter, add sugar gradually. Cream well together, then add lemon rind and egg. Beat well. Then add sifted dry ingredients and milk alternately. Form into a roll—(if too soft chill before). Wrap in wax paper. Chill well for several hours. Slice and bake at 375 degrees F. until firm to touch—8 to 10 minutes.

MISTLETOE COOKIES

$\frac{2}{3}$ cup butter.
 1 cup brown sugar.
 1 egg.
 $2\frac{1}{2}$ cups flour.
 $\frac{1}{2}$ teaspoon baking soda.

$\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon almond flavoring.
 $\frac{1}{2}$ cup candied green cherries.
 $\frac{1}{2}$ cup chopped pecans.
 $\frac{1}{2}$ cup cocoanut.

Cream butter and sugar well together. Add egg and beat well. Add the flavoring and remaining ingredients. Mix thoroughly. Press into icebox cookie molds or form into cylindrical rolls and wrap in wax paper. Chill for a few hours or these may be stored for several days before baking. Cut off in thin slices and bake at 375 degrees F. for 8 to 10 minutes. Yields about 8 dozen cookies.

JAM-JAMS

$\frac{1}{2}$ cup butter.
 1 cup sugar.
 1 egg.
 3 cups flour.

1 teaspoon baking powder.
 $\frac{1}{4}$ teaspoon baking soda.
 $\frac{1}{2}$ cup sour milk.
 Jam.

Cream the butter and sugar very thoroughly together. Add egg and beat well. Mix and sift dry ingredients. Add alternately with the milk to the first mixture. Chill. Roll out the dough and cut into rounds. Put rounds together with jam. Do not use a thin jam or too much or it will run out and spoil the cookies. Bake at 375 degrees F. for about 15 minutes. The top of each cookie may be sprinkled with cocoanut.

CRUNCHY CHEESE FINGERS

$\frac{1}{2}$ cup fine cornflake crumbs.
 $\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ pound soft Cheddar cheese,
grated.

$\frac{1}{2}$ cup flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon mustard.
 $\frac{1}{8}$ teaspoon paprika.

Prepare fine cornflake crumbs either by putting through the mincer or rolling the cornflakes in a paper bag with a rolling pin. Cream the butter until quite soft. Add the cheese, then the other ingredients. This will appear very crumbly. Using the fingers, press ingredients well together, working it into a flat, smooth shape. Roll out as thin as possible. Cut into strips 4 inches long and $\frac{1}{2}$ inch wide and place on a baking sheet. Work up odd bits, cut and roll again until all is used. Bake at 400 degrees F. for about 8 minutes.

CHRISTMAS CUT-OUTS

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup granulated sugar.
 $\frac{1}{2}$ cup brown sugar.
2 eggs.
 $1\frac{1}{2}$ tablespoons water.

3 cups pastry flour.
 $\frac{1}{2}$ teaspoon baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon nutmeg.
 $\frac{1}{2}$ teaspoon vanilla.

Cream butter well. Add white and brown sugar. Beat eggs well and add to mixture with the vanilla. Now add the sifted dry ingredients with the water. Mix to a dough. Place in the refrigerator and chill well before rolling out. Roll out on a floured board to $\frac{1}{8}$ -inch thickness and cut into fancy shapes. Bake at 350 degrees F. for about 10 minutes or until lightly browned. Makes about 5 dozen cookies.

Suggestions for cutting and decorating.

CHRISTMAS WREATHS—Cut with doughnut cutter. Sprinkle liberally with green sugar. Dot with tiny red candies.

CRESCENTS—Cut from the curving edge with a round cutter, advancing the cutter into the dough about $\frac{1}{2}$ inch. Sprinkle with tiny silver candies.

STARS—Use a star cutter and sprinkle with tiny iced caraway seeds.

MARY'S WAFERS

1 cup butter.
 $\frac{3}{4}$ cup granulated sugar.
1 egg.
1 cup flour.

2 cups quick oats.
1 teaspoon baking soda.
 $\frac{1}{2}$ teaspoon cream of tartar.

Cream butter and sugar. Add the egg and mix in the other ingredients. Chill in the refrigerator. Roll out thin and cut into desired shapes. Bake at 375 degrees F. for 5 to 7 minutes. Makes about 8 dozen cookies. This mixture may also be dropped and flattened with a moistened fork before baking.

DOUGHNUTS

1 tablespoon butter.
1 egg.
 $\frac{1}{3}$ cup brown sugar.
 $\frac{1}{2}$ cup milk.

$2\frac{1}{2}$ cups flour.
3 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon nutmeg.

Cream butter and sugar well. Add well-beaten egg. Add sifted dry ingredients alternately with the milk. Chill. Roll out dough to $\frac{1}{2}$ -inch thickness, cut with doughnut cutter. Fry in deep fat at 360 degrees F. or when the fat will brown a cube of bread in 70 seconds. Lift out on unglazed paper. Roll in fruit sugar if desired.

NOTE—More flour may be added if necessary to make a stiff dough. Do not have the dough too stiff or the doughnut will crack.

SHORTBREAD

1 cup butter.
 $\frac{1}{3}$ cup fruit sugar.

3 cups flour.

Cream the butter very well. Add sugar gradually and cream well. Add most of the flour and work into creamed mixture very thoroughly. Place remaining flour on bread board. Add dough and knead together on board. Form dough into smooth shape. Roll out to $\frac{1}{4}$ -inch thickness and cut into shapes with fancy cutters or form into a cylindrical roll and chill. Cut into $\frac{1}{4}$ -inch slices. Garnish with bits of cherry, peel or angelica. Bake on unbuttered baking sheet at 350 degrees F. for about 20 minutes or until very lightly browned.

ALMOND FINGERS

$\frac{3}{4}$ cup butter.
 $\frac{1}{3}$ cup fruit sugar.

$2\frac{1}{4}$ cups pastry flour.
 $\frac{1}{2}$ cup sliced almonds.

Cream butter and sugar well together. Work in the pastry flour. Pack this mixture into a pan (8 x 8). Cover with the sliced almonds and press them well into the top. Bake at 350 degrees F. for about 35 minutes or until firm. Cool slightly and cut into fingers.

COCOANUT SHORTBREAD

Prepare same as almond fingers, but cover with cocoanut instead of nuts. Continue to bake in same way.

BRAZIL SHORTBREADS

1 cup butter.
1 cup brown sugar.

$2\frac{1}{4}$ cups pastry flour.
1 cup Brazil nuts, sliced.

Cream butter until very soft. Add brown sugar and cream well. Blend in the flour and Brazil nuts. Spread mixture on a shallow pan (8 x 10). I used my jelly roll pan. Bake at 350 degrees F. for 25 minutes. Cut into squares, when cool. Makes 5 dozen.

MARMALADE SHORTBREADS

1 cup butter.
 $\frac{1}{4}$ cup fruit sugar.
 $2\frac{1}{2}$ cups flour.

2 tablespoons orange or
pineapple marmalade.
 $\frac{1}{4}$ teaspoon salt.

Work butter and sugar well together. Add marmalade, then flour and salt. Work well together. Chill slightly. Form into roll. Cut into slices $\frac{1}{4}$ -inch thick and bake at 325 degrees F.

ALMOND SHORTBREAD

1 cup butter.
 $\frac{1}{3}$ cup fruit sugar.
 $2\frac{1}{2}$ cups flour.

$\frac{1}{4}$ teaspoon salt.
1 cup unblanched almonds, put
through the mincer.

Cream butter. Add sugar, and cream well. Dredge almonds with flour. Work flour, salt and nuts into butter and sugar. Knead until a compact dough is formed. Shape into a roll and chill for 2 hours at least—or overnight. Slice and bake at 350 degrees F. for 10 minutes.

CHEESE SHORTBREAD

$\frac{1}{4}$ cup butter.
 $\frac{1}{4}$ cup shortening.
 $2\frac{1}{4}$ cups flour.

$\frac{1}{4}$ cup yellow cream cheese (4-
ounce bar).
 $\frac{1}{2}$ teaspoon salt.

Cream butter, shortening and cheese together. Blend in the flour and salt. Work well together and form into a compact dough. Form into a roll or place in cookie molds and chill in the refrigerator. Cut into $\frac{1}{4}$ -inch slices. Bake at 350 degrees F. for 10 minutes.

Variation:

1.—Roll mixture out to $\frac{1}{4}$ -inch thickness. Cut into 2-inch squares. In centre of each square place 1 teaspoon jam. Fold four corners into centre. Bake on baking sheet at 350 degrees F. for 12 minutes.

ORANGE SHORTBREAD

1 cup butter.
 $\frac{1}{2}$ cup fruit sugar.
2 cups flour.

$\frac{1}{4}$ teaspoon salt.
2 tablespoons grated orange rind.
1 tablespoon grated lemon rind.

Cream butter well. Add sugar and cream well together. Work flour, salt, orange and lemon rinds into creamed mixture. Knead into smooth shape. Form into a roll and chill for 2 hours at least—or overnight. Slice and bake for 10 to 15 minutes at 350 degrees F.

NOTE—Any of these shortbread recipes can be made up, formed into a roll, then placed in the refrigerator, wrapped in wax paper and baked up fresh as you want them.

CASHEW AND CHERRY BARS

$\frac{1}{2}$ cup butter.
 $\frac{1}{4}$ cup fruit sugar.
 2 cups pastry flour.

$\frac{3}{4}$ cup finely chopped cashews.
 $\frac{1}{4}$ cup chopped candied red cherries.

Cream butter and sugar well together. Now add the flour, fruit and nuts. Mix well together and if too stiff to manage easily with a spoon, then use your hands to blend the mixture. Pack into a square (8 x 8) pan. Bake at 350 degrees F. for 25 minutes. Cool and cut into bars or squares.

NUT BROWNIES

2 squares unsweetened chocolate.
 $\frac{1}{3}$ cup butter.
 1 cup fine granulated sugar.
 2 eggs.
 $\frac{3}{4}$ cup pastry flour.

$\frac{1}{2}$ teaspoon baking powder.
 $\frac{1}{8}$ teaspoon salt.
 1 teaspoon vanilla.
 $\frac{3}{4}$ cup nuts, coarsely chopped.

Melt chocolate over hot water and add the butter. Add the sugar to the well-beaten eggs and combine with the other mixture. Beat well. Add the sifted dry ingredients, then the vanilla and the nuts. Pour into a buttered (8 x 8) pan. Bake at 350 degrees F. for about 35 minutes. Allow to cool and cut into squares.

PINEAPPLE MERINGUE SQUARES

3 tablespoons butter.
 $\frac{1}{2}$ cup fine granulated sugar.
 2 egg yolks.
 1 cup flour.
 $\frac{1}{2}$ teaspoon baking powder.
 $\frac{1}{8}$ teaspoon salt.
 3 tablespoons milk.

2 egg whites.
 $\frac{2}{3}$ cup fruit sugar.
 $\frac{1}{2}$ cup very well drained pineapple.
 $\frac{1}{2}$ cup shredded cocoanut.
 $\frac{1}{4}$ cup chopped blanched almonds.

Cream butter and sugar well together. Add egg yolks and beat very thoroughly. Mix and sift dry ingredients. Add alternately with the milk. Spread in a (7 x 7) buttered cake pan. Cover with a meringue made by beating the egg whites until stiff and adding the fruit sugar gradually when folding in the pineapple and cocoanut. Sprinkle with the chopped nuts. Bake at 350 degrees F. for 35 minutes. Cool and cut into squares.

PECAN BUTTERSCOTCH SQUARES

$\frac{1}{4}$ cup butter.
 1 cup brown sugar.
 1 egg.
 1 cup pastry flour.

$\frac{1}{8}$ teaspoon salt.
 1 teaspoon baking powder.
 $\frac{1}{3}$ cup broken pecans.
 $\frac{1}{2}$ teaspoon vanilla.

Melt butter and add the sugar. Stir well together and cool to lukewarm. Add the well-beaten egg. Mix and sift the dry ingredients and add with the nuts and vanilla to the first mixture. Spread the mixture in a buttered pan about (8 x 5). Bake at 350 degrees F. for about 30 minutes. Cut into squares or bars when warm.

CHINESE CHEWS

1 cup granulated sugar.
 $\frac{3}{4}$ cup flour.
1 teaspoon baking powder.
 $\frac{1}{8}$ teaspoon salt.
1 cup chopped nuts.

1 cup chopped dates.
2 eggs, well beaten.
1 tablespoon milk.
1 teaspoon vanilla.

Mix and sift dry ingredients. Add chopped fruit and nuts, then the well-beaten eggs, milk and vanilla. Beat well. Turn into a buttered pan measuring (8 x 8). Bake at 350 degrees F. for 35 minutes. Allow to cool slightly, then cut into squares and roll in fruit sugar.

HONEY DATE BARS

3 eggs.
1 cup honey.
1 teaspoon baking powder.
1 cup flour, OR
 $\frac{1}{2}$ cup flour and $\frac{1}{2}$ cup all-bran.

$\frac{1}{8}$ teaspoon salt.
1 pound chopped dates.
1 cup whole walnuts.
 $\frac{1}{2}$ teaspoon vanilla.

Beat eggs well. Mix with honey. Add dry ingredients, dates, nuts and vanilla. Spread $\frac{1}{4}$ to $\frac{1}{2}$ -inch thick in buttered pan (8 x 8). Bake in moderate oven, 350 degrees F., for 30 minutes. Cut in bars and roll in fruit sugar, or this may be left uncut and wrapped in wax paper and put away in the bread box.

NOTE—These will keep for several weeks and improve on standing.

OATMEAL DATE SHORTBREAD

$2\frac{1}{2}$ cups flour.
 $2\frac{1}{2}$ cups quick oats.
1 cup butter.

1 cup brown sugar.
1 teaspoon baking soda.
 $\frac{1}{2}$ teaspoon salt.

Combine all dry ingredients. Blend in butter with tips of fingers. Pat half of this mixture into buttered pan (8 x 12). Cover with cooled date filling. Sprinkle remaining crumbs on top and pat down lightly with finger tips. Bake at 350 degrees F. until lightly browned (about 40 minutes). Cool and cut in fingers or squares.

BUTTERSCOTCH SQUARES

3 tablespoons butter.
 $\frac{1}{2}$ cup fine granulated sugar.
2 egg yolks.
3 tablespoons milk.
1 cup flour.
 $\frac{1}{2}$ teaspoon baking powder.

Pinch of salt.
 $\frac{1}{4}$ teaspoon almond flavoring.
2 egg whites.
 $1\frac{1}{2}$ cups brown sugar.
1 cup chopped walnuts.

Cream butter and sugar well together, and beat in egg yolks. Sift dry ingredients. Add alternately with the milk. Spread in (7 x 7) buttered pan. Cover with meringue made by beating the egg whites until stiff, then beating in the sugar. Fold in nuts. Bake at 350 degrees F. for 35 to 40 minutes. Cool and cut in squares.

ALMOND SQUARES

$\frac{1}{3}$ cup butter.
 $\frac{2}{3}$ cup brown sugar.

$1\frac{1}{2}$ cups flour.

Cream butter and sugar well together. Add flour and mix well. Turn into a (7 x 7) cake pan and spread to cover bottom of pan. Bake at 350 degrees F. for 15 minutes. Cover with the following meringue:

2 egg whites.
 $\frac{1}{4}$ teaspoon salt.
 $1\frac{1}{2}$ cups brown sugar.
 1 tablespoon flour.

$\frac{1}{2}$ teaspoon baking powder.
 $\frac{1}{2}$ cup shredded, blanched almonds.
 $1\frac{1}{2}$ cups shredded cocoanut.

Beat egg whites with salt until stiff. Add sugar gradually and beat in well. Fold in flour, baking powder, almonds and cocoanut. Spread over shortbread and bake 25 minutes at 325 degrees F. or until firm to touch and lightly browned. Cool and cut in squares.

COCOANUT STRIPS

Cut day-old bread in $\frac{3}{4}$ -inch slices. Remove crusts, then cut into strips about 2 inches long. Spread all sides, covering well, with condensed milk. Now roll these in dry shredded cocoanut and toast in a very hot oven, 450 degrees F. Serve almost cold. Resembles angel cake when eaten.

MAGIC CHERRY CAKE

$1\frac{1}{3}$ cups condensed milk (1 can).
 $1\frac{1}{2}$ cups chopped dates.
 $\frac{1}{2}$ cup candied cherries, halved.
 $\frac{1}{2}$ cup chopped walnuts.

$1\frac{1}{2}$ cups shredded cocoanut.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon almond flavoring.

Combine all ingredients well. Turn into a greased (7 x 7) cake pan. Bake at 350 degrees F. for 25 minutes. Cool in pan and cut into squares.

HERMITS

$\frac{1}{3}$ cup butter.
 1 cup brown sugar.
 2 eggs.
 $1\frac{1}{4}$ cups flour.
 1 teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ cup rolled oats.
 1 cup chopped dates.
 $\frac{1}{2}$ cup chopped nuts.
 $\frac{1}{2}$ teaspoon baking soda.
 $1\frac{1}{2}$ tablespoons boiling water.
 $\frac{1}{2}$ teaspoon vanilla.

Cream butter, and sugar, then unbeaten eggs. Beat all well together. Mix and sift flour, cinnamon and salt. Add to creamed mixture along with all the other ingredients, having the soda dissolved in boiling water. Drop on lightly buttered baking sheet and bake in a moderate oven at 350 degrees F. for about 10 minutes. Makes about 5 dozen hermits. Make these about a week ahead of time, or the batter may be kept in a covered sealer in the refrigerator and baked as you need it.

PEANUT BUTTER COOKIES

$\frac{1}{2}$ cup peanut butter.
 $\frac{1}{2}$ cup shortening.
 $\frac{1}{2}$ cup brown sugar.
 $\frac{1}{2}$ cup white sugar.

1 egg.
 $1\frac{1}{3}$ cups flour.
1 teaspoon baking soda.

Cream peanut butter and shortening. Add brown and white sugar and cream well. Add unbeaten egg. Beat all together thoroughly. Mix in the flour and baking soda. Drop on lightly greased baking sheet and flatten with a moistened fork. Bake at 375 degrees F. for about 8 minutes according to size.

OATMEAL RAISIN COOKIES

1 cup butter.
 $1\frac{1}{2}$ cups fine granulated sugar.
2 eggs, well beaten.
2 cups pastry flour.
1 teaspoon baking soda.

$\frac{1}{4}$ teaspoon salt.
1 cup quick oats.
 $\frac{1}{2}$ cup chopped nuts.
 $1\frac{1}{2}$ cups seedless raisins.

Cream butter, add sugar gradually and cream very well together. Add eggs. Beat well. Add sifted dry ingredients, rolled oats, nuts and fruit. Chill. Drop on to a buttered baking sheet. Bake at 375 degrees F. for 10 minutes. Makes 4 dozen cookies.

SOUR CREAM RAISIN COOKIES

$\frac{1}{2}$ cup soft butter.
1 cup sugar.
2 eggs.
 $\frac{1}{2}$ cup sour cream.
 $\frac{1}{4}$ teaspoon vanilla.

$2\frac{3}{4}$ cups flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon baking soda.
 $\frac{1}{2}$ teaspoon nutmeg.
1 cup seedless raisins.

Place soft (not melted) butter in bowl with sugar, eggs, cream and vanilla and beat all together with a Dover or electric beater until light and well mixed. Mix and sift the dry ingredients and add with the raisins to the mixture in the bowl. Drop in spoonfuls on lightly greased baking sheet. Flatten slightly on top and place a cherry in centre. Bake at 375 degrees F. for 12 to 15 minutes. Makes 3 dozen good-sized cookies.

NOTE—Brown sugar gives a rather attractive flavor should you care to use it.

PEANUT COOKIES

$\frac{1}{4}$ cup butter.
 $\frac{3}{4}$ cup brown sugar.
1 egg.
 $1\frac{1}{4}$ cups flour.

2 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
1 cup chopped peanuts.
1 teaspoon lemon juice.

Cream the butter very well. Add sugar gradually. Add beaten egg. Add sifted dry ingredients (that is, the flour, salt and baking powder). Add peanuts and lemon juice. Mix well together. Drop from a teaspoon on a very lightly greased baking sheet about 1 inch apart. Bake at 325 degrees F. for 12 to 15 minutes.

SCOTCH FANCIES

1 tablespoon soft butter.
1 cup sugar.
2 eggs, well beaten.
 $\frac{1}{2}$ teaspoon vanilla.

$1\frac{1}{2}$ cups quick oats.
 $\frac{3}{4}$ cup shredded cocoanut.
 $\frac{3}{4}$ cup salted peanuts.

Cream butter and sugar together. Add eggs and beat very thoroughly. Add vanilla and all the other ingredients. Mix well. Drop in spoonfuls on buttered baking sheet and bake in moderate oven 375 degrees F. for about 18 minutes.

ROCKS

$\frac{3}{4}$ cup butter.
1 cup brown sugar.
2 eggs.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon vanilla.

$1\frac{3}{4}$ cups flour.
 $1\frac{1}{2}$ pounds dates, halved.
 $\frac{1}{2}$ pound broken walnuts.
1 teaspoon baking soda.
 $\frac{1}{4}$ cup hot water.

Cream butter, add sugar gradually and the well-beaten eggs. Beat well. Add salt and vanilla. Flour the dates and nuts with some of the flour. Add remaining flour and fruit. Dissolve soda in water and mix well. Drop by spoonfuls on buttered baking sheet and bake at 350 degrees F. for 12 to 15 minutes. Makes approximately 5 dozen cookies. This mixture may be stored in a covered container in refrigerator and baked as needed.

MINCEMEAT DROP COOKIES

$\frac{1}{2}$ cup shortening.
1 cup brown sugar.
2 eggs.
1 cup mincemeat (not too moist).

$2\frac{1}{2}$ cups flour.
2 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon baking soda.

Cream shortening and add the sugar gradually, creaming it in well. Add unbeaten eggs and beat this mixture very thoroughly. Blend in the mincemeat and then add the sifted dry ingredients. Drop on to a buttered baking sheet and bake at 375 degrees F. for about 10 minutes.

NOTE—If this recipe appears too dry because of a dry mincemeat being used, add from $\frac{1}{2}$ to 1 tablespoon of warm water.

MELTING MOMENTS

1 cup melted butter.
 $\frac{3}{4}$ cup brown sugar.
1 egg.
 $1\frac{3}{4}$ cups flour.

$\frac{1}{2}$ teaspoon cream of tartar.
 $\frac{1}{2}$ teaspoon baking soda.
1 teaspoon of vanilla.

Combine brown sugar and butter. Add egg and beat well. Add mixed and sifted dry ingredients. Add vanilla and chill well. Now drop in small spoonfuls about $1\frac{1}{2}$ inches apart on to a baking sheet. Place a small piece of maraschino cherry in the centre of each one. Bake at 350 degrees F. 5 to 6 minutes.

DATE MALLOWS

$\frac{1}{2}$ pound marshmallows.
 $\frac{1}{2}$ pound pitted, chopped dates.

$\frac{1}{2}$ pound chopped nuts.
 $\frac{1}{2}$ pound shredded cocoanut.

Cut up marshmallows into top part of double boiler and melt. Add dates and nuts. Drop in spoonfuls into the shredded cocoanut. Chill on waxed paper. Serve as a confection or small cake.

LOVE DROPS

$\frac{3}{4}$ cup butter (or other shortening).
1 cup brown sugar.
1 large egg.
 $\frac{1}{2}$ cups flour.
2 cups quick oats.

$\frac{1}{2}$ teaspoon baking soda.
 $\frac{1}{4}$ teaspoon salt.
1 cup raisins.
 $\frac{1}{4}$ cup milk.
1 teaspoon flavoring (vanilla or lemon).

Cream butter and sugar well together. Add unbeaten egg and beat until fluffy. Combine dry ingredients and add with raisins and milk. Add flavoring. Drop on buttered pans. Bake at 350 degrees F. for 20 minutes. Makes $3\frac{1}{2}$ dozen fairly large cookies.

APPLE DATE DROPS

$\frac{1}{3}$ cup butter.
1 cup brown sugar.
1 egg, well-beaten.
 $\frac{3}{4}$ cup thick applesauce.
 $\frac{1}{2}$ teaspoon baking soda.
 $\frac{1}{2}$ teaspoon baking powder.

2 cups pastry flour.
 $\frac{1}{2}$ teaspoon ground cinnamon.
 $\frac{1}{4}$ teaspoon ground nutmeg.
 $\frac{1}{4}$ teaspoon salt.
1 cup chopped dates.
1 cup chopped nuts.

Cream butter, add sugar gradually. Add egg and beat well. Add applesauce in which soda has been dissolved. Sift together the dry ingredients and add with the dates and nuts. Drop on a buttered baking sheet. Bake at 375 degrees F. for about 20 minutes. Makes 5 to 6 dozen.

BLACK BOTTOM MACAROONS

1 can ($1\frac{1}{2}$ cups) sweetened condensed milk.
 $2\frac{1}{2}$ to 3 cups shredded cocoanut.

$\frac{1}{4}$ teaspoon peppermint extract.
Green coloring.

Combine all the ingredients and mix well. The amount of cocoanut varies with its moisture. Add enough coloring to make a desired shade. Drop in mounds on a buttered baking sheet and bake at 350 degrees F. until firm, 15 to 20 minutes. Remove from the sheet when cool and dip in a chocolate glaze. Dip only the bottoms and turn upside down until dry.

CHOCOLATE GLAZE

Melt 2 squares of unsweetened chocolate with 1 tablespoon of butter and mix together. Use this to dip the macaroons.

COCOANUT FRUIT DROPS

$\frac{1}{4}$ cup butter.
 $\frac{1}{3}$ cup granulated sugar.
 1 egg.
 1 teaspoon grated lemon rind,
 1 cup cocoanut.

$\frac{1}{2}$ cup candied cherries.
 $\frac{1}{2}$ cup drained, crushed pineapple.
 1 cup flour.
 1 teaspoon baking powder.
 $\frac{1}{8}$ teaspoon salt.

Cream butter, add sugar, and cream well. Add egg and beat together thoroughly. Add lemon rind, fruits and cocoanut along with sifted dry ingredients. Drop on lightly buttered baking sheet. Bake 8 to 10 minutes at 375 degrees F. Top with cherry or nut if desired, or sprinkle with extra cocoanut before baking.

ORANGE COCOANUT DROPS

$\frac{1}{4}$ cup butter.
 $\frac{1}{3}$ cup granulated sugar.
 1 egg.
 1 teaspoon grated orange rind.

1 cup cocoanut.
 1 cup flour.
 1 teaspoon baking powder.
 $\frac{1}{8}$ teaspoon salt.

Cream butter, add sugar, and cream well. Add egg and beat together thoroughly. Add orange rind. Add cocoanut along with sifted dry ingredients. Drop on lightly buttered baking sheet. Bake 8 to 10 minutes at 375 degrees F. Top with cherry or nut if desired, or sprinkle with extra cocoanut before baking.

NOTE—This recipe, by the way, is easily doubled to make a larger quantity.

CHOCOLATE RAISIN DROPS

2 squares chocolate.
 $\frac{1}{4}$ cup water.
 $\frac{3}{4}$ cup granulated sugar.
 $\frac{1}{2}$ pound shredded cocoanut.
 1 cup seedless raisins.

$\frac{1}{3}$ cup chopped nuts.
 1 tablespoon flour.
 2 teaspoons vanilla.
 $\frac{1}{2}$ teaspoon salt.
 3 egg whites, stiffly beaten.

Cook grated chocolate and water together in saucepan over low heat until smooth. Add sugar and cocoanut. Mix well. Add raisins and nuts with the flour and vanilla. Fold in the egg whites beaten with the salt until stiff. Drop on very lightly buttered pan. Bake at 350 degrees F. for about 15 minutes. Makes 3 to 3½ dozen drops.

COCOANUT CHEWS

1 can ($1\frac{1}{4}$ cups) sweetened
 condensed milk.
 2½ cups shredded cocoanut.

$\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{8}$ teaspoon salt.

Combine all ingredients together in a bowl. Mix well together. Drop on a buttered baking sheet. Bake at 375 degrees F. for 10 minutes. Remove from the pan while hot.

Variations:

- 1.—Add $\frac{1}{2}$ cup well drained crushed pineapple. Be sure all the juice is drained out.
- 2.—Add 1 teaspoon grated lemon rind and $\frac{1}{2}$ teaspoon lemon juice.

CHOCOLATE CRISPIES

2 cups rice krispies, cornflakes, or
other prepared cereal.

1 large size milk chocolate bar.

Melt chocolate over hot water. Stir in the rice krispies until well coated with chocolate. Remove from heat and drop in spoonfuls on wax paper. Allow to cool until firm. Makes about 3½ dozen crispies. There is no baking required.

SURPRISE MACAROONS

2 egg whites.
⅛ teaspoon salt.
⅓ cup fruit sugar.

¼ teaspoon vanilla.
2 cups shredded cocoanut.
2 milk chocolate bars.

Beat egg whites with salt until stiff. Add sugar gradually, beating it in well. Add the vanilla and cocoanut. Cut the chocolate bars into ½-inch cubes. Drop these cubes into the macaroon mixture. Completely surround each cube with macaroon mixture and place each mound on a buttered baking sheet. Bake at 300 degrees F. until firm—about 12 to 15 minutes. Remove from pan and allow to cool on rack before storing. These are the most delicious things—and very unusual!

COCOANUT DELIGHTS

2 egg whites.
½ teaspoon salt.
1 cup fruit sugar.

2 tablespoons flour.
1 teaspoon vanilla.
2 cups shredded cocoanut.

Beat egg whites with salt until stiff. Add sugar, beating in the first ½ cup. Fold in the remaining sugar with the flour. Add cocoanut and vanilla. Drop on greased pan in portions about the size of a walnut. Bake at 275 degrees F. for 35 to 40 minutes or until firm to touch.

NOTE—Use a very slow oven so the macaroons will dry out rather than bake.

NOTE—Add ½ cup sliced brazil nuts for interesting variation.

DATE AND BURNT ALMOND MACAROONS

2 egg whites.
¼ teaspoon salt.
½ cup fruit sugar.
1 cup chopped dates.

½ cup whole almonds, browned.
2 cups shredded cocoanut.
½ teaspoon vanilla.

Add salt to egg whites and beat until stiff. Beat in sugar gradually until all is added. Fold in other ingredients. Bake at 300 degrees F. for 12 to 15 minutes on lightly greased pan. About 36 macaroons.

The almonds in this recipe are left whole and not blanched, just put in a hot oven until they crackle.

OATMEAL MACAROONS

1 egg.
¾ cup brown sugar.
2 teaspoons melted butter.
¾ cup quick oats.

½ cup shredded cocoanut.
¼ teaspoon salt.
½ teaspoon vanilla.

Beat the egg until fluffy. Add sugar gradually and beat well. Stir in the remaining ingredients. Take up rounding teaspoonfuls of the mixture and place on buttered baking sheet. Flatten slightly with moistened knife. Bake in a moderate oven at 350 degrees F. until browned. Take from pan while warm.

CORNFLAKE CARAMEL MACAROONS

2 egg whites.
Few grains salt.
½ cup brown sugar.
2 tablespoons caramel syrup.

½ teaspoon vanilla.
2 cups cornflakes.
½ cup chopped cherries.
½ cup shredded cocoanut.

Beat egg whites with salt. Beat in sugar gradually. Add caramel syrup and vanilla. Add other ingredients. Drop, in spoonfuls, on buttered baking sheet. Bake at 300 degrees F. until brown, about 15 to 18 minutes. Yields about 3 dozen.

CARAMEL FILBERT MACAROONS

2 egg whites.
¼ teaspoon salt.
½ cup brown sugar.
3 tablespoons caramel syrup.

1 cup filberts, browned.
2 cups shredded cocoanut.
½ cup chopped dates.

Add salt to egg whites and beat until stiff. Beat in the sugar gradually. Add caramel syrup and other ingredients. Bake on lightly buttered sheet at 300 degrees F. for 12 to 15 minutes. Chopped cherries can also be added to these. About 3 dozen macaroons.

CARAMEL PEANUT MACAROONS

1 egg white.
¼ teaspoon salt.
½ cup brown sugar.
2 tablespoons caramel syrup.

1 cup shredded cocoanut.
¾ cup whole peanuts.
¾ cup cereal flakes.
½ teaspoon vanilla.

Beat egg white and salt. Beat in sugar gradually, then add the other ingredients. Drop on to a lightly buttered baking sheet. Bake at 325 degrees F. for 15 minutes. Yield 24 macaroons.

PEANUT MERINGUE FINGERS

2 egg whites.
¼ teaspoon salt.
1½ cups brown sugar.

½ teaspoon vanilla.
1½ cups finely chopped salted peanuts.

Beat egg whites with salt until stiff, gradually beat in sugar. Add vanilla. Fold in nuts. Turn into a buttered (9 x 9) pan. Bake at 300 degrees F. for 30 to 35 minutes. Cool and cut in bars. Makes 4 dozen.

SPRING BLOSSOMS

1 cup fine granulated sugar.
2 tablespoons white corn syrup.
 $\frac{1}{2}$ cup cold water.
8 marshmallows.

2 egg whites.
1 teaspoon vanilla.
2 dozen vanilla wafers.

Combine sugar, syrup and water and stir until thoroughly dissolved. Bring to a boil and cook to 275 degrees F., or the hard ball stage. Add the cut marshmallows and allow to stand while you are beating the egg whites until stiff—about 1 minute. Now add the syrup and marshmallows to the egg whites and beat together thoroughly to mix well. Pile this on top of the vanilla wafers and sprinkle with white cocoanut or with cocoanut that has been tinted to a delicate shade of green or yellow. In fact a plate of these can truly look like spring blossoms if you keep the shades a true pastel.

MOCK ALMOND MACAROONS

1 cup sweetened condensed milk.
1 cup fine dry bread crumbs.
1 cup shredded cocoanut.

1 teaspoon almond flavoring.
 $\frac{1}{8}$ teaspoon salt.

Combine all ingredients in order given. Mix well. Drop on buttered baking sheet in small mounds. Press an almond half into each mound. Bake at 350 degrees F. for about 10 to 12 minutes. Makes $2\frac{1}{2}$ to 3 dozen.

PINEAPPLE COCOANUT CUP CAKES

3 tablespoons butter.
 $\frac{1}{2}$ cup fruit sugar.
1 egg, well beaten.
 $\frac{1}{4}$ teaspoon almond extract.
1 cup pastry flour.
 $\frac{1}{8}$ teaspoon salt.

$\frac{1}{4}$ teaspoons baking powder.
 $\frac{1}{4}$ cup crushed, well-drained pineapple.
 $\frac{1}{2}$ cup shredded cocoanut.
3 tablespoons milk.

Cream butter, add sugar and cream well together. Add egg and beat this mixture thoroughly. Add almond extract. Now, mix and sift the dry ingredients. Add half to the egg mixture with the cocoanut and pineapple. Now add milk and the remaining flour mixture. Turn into paper cup cakes arranged in a baking pan. Bake at 375 degrees F. for about 18 minutes. Cool and ice with any white icing.

MERINGUE GLACÉS

4 egg whites.
 $\frac{1}{4}$ teaspoon salt.

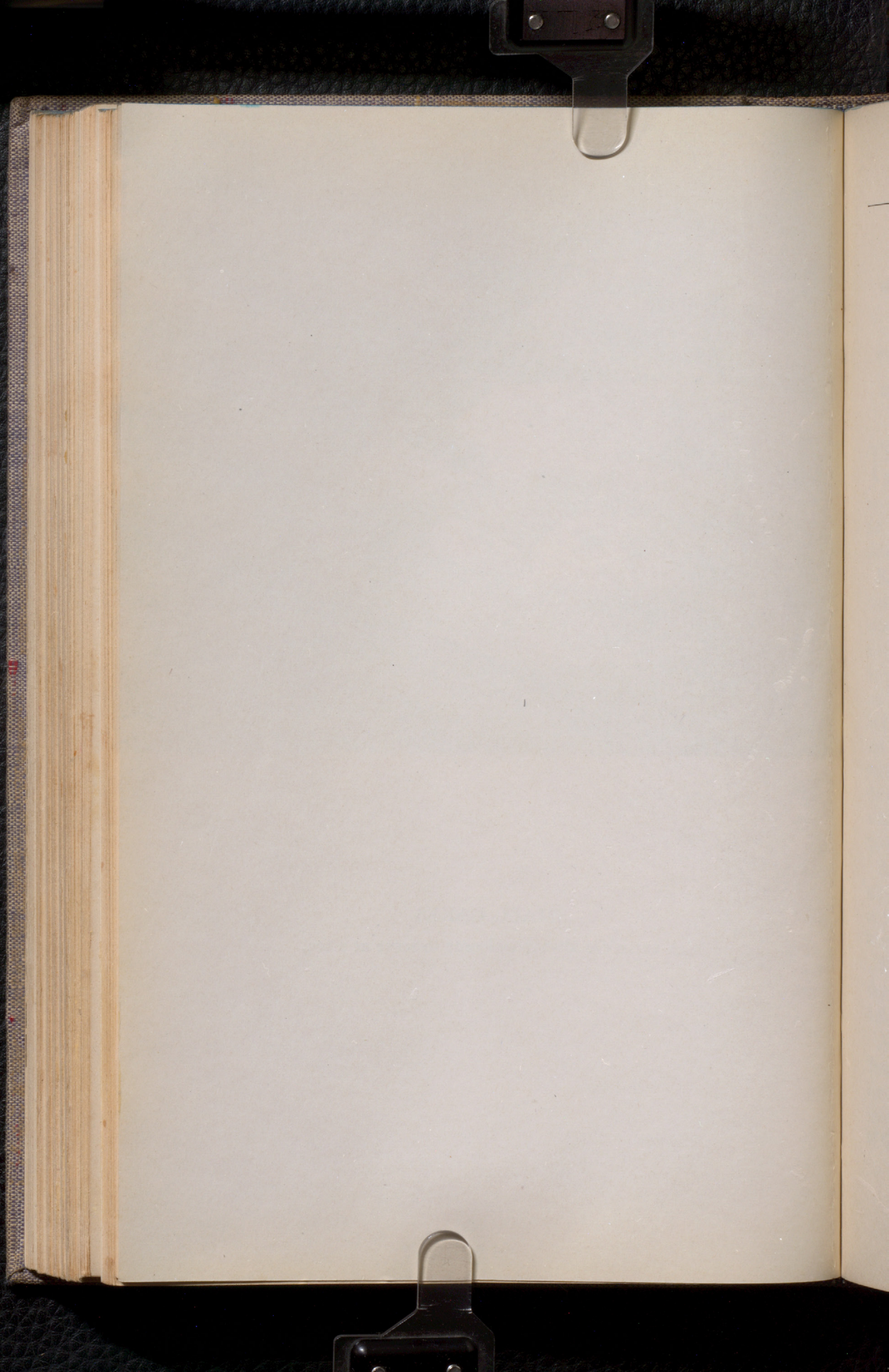
$\frac{1}{4}$ cups fruit sugar.
 $\frac{1}{2}$ teaspoon vanilla.

Beat egg whites with salt until stiff. Beat in $\frac{1}{2}$ cup of the sugar very gradually. Fold in the remaining sugar. Add flavoring. Cover a wet board with moistened heavy paper. Shape meringues with a spoon or pastry tube. Bake 50 to 60 minutes at 275 degrees F., in a very slow oven. Remove from paper while warm. Serve filled with whipped cream or ice cream.



SMALL CAKES

A variety is always welcome to serve at a tea.



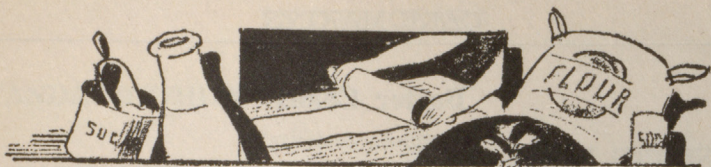
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CAKE MAKING



THERE are two classes of cake — butter cakes and sponge cakes. With both types a cake flour is desirable but not essential. If bread flour is used, 2 tablespoons less per cup in all the cake recipes is necessary. *All flour should be sifted once before measuring.*

Butter cakes can take plenty of beating for the butter, sugar and eggs, but too much beating after the flour goes in tends to give you a cake that has large holes which spoil the appearance of the cake texture. If you have an electric beater you can put soft butter, sugar and eggs all together and beat well without the regular first steps being followed. Add the flour and liquid with a spoon, beating till smooth and no more. Sponge cakes require as much finesse as possible in handling. There should be no beating at all in the combining of the egg yolk and egg white mixtures, a folding motion is used. *Never grease the sides of a sponge cake tin.*

Butter cakes are allowed to stand in the pan for 5 minutes after removing from the oven and are then turned on to a cake rack to be iced when cool. Sponge cakes are inverted and allowed to "hang" until cold.

When egg whites are beaten separately for a cake they should not be beaten until they are dry. There should be a glossiness to the surface.

Avoid opening the oven door more than is necessary. Test cakes before removing from oven. The finished cake should have a delicate brown crust, have pulled away from the sides of the pan (except sponge cakes); and the surface of the cake should spring back when touched lightly.

Butter Cakes

STANDARD WHITE CAKE

$\frac{1}{2}$ cup butter.
1 cup fine granulated sugar.
2 eggs.
2 cups cake flour.

3 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon vanilla.
 $\frac{3}{4}$ cup milk.

HAND METHOD—

Cream butter very well; add sugar and cream in thoroughly. Now add the unbeaten eggs and vanilla. Beat this mixture until it is light and creamy. Measure, mix and sift the dry ingredients and add alternately with the milk. Add these ingredients a third at a time and beat well after each addition. For a square cake bake in a pan (8 x 8), at 350 degrees F. for 45 minutes or for two 8-inch layers bake at 375 degrees F. for 25 minutes. See variations for further instruction.

MIXER METHOD—

Mix and sift dry ingredients, and butter the pans. Measure shortening into the large bowl. Measure sugar and milk into the cups so that you are ready to go ahead. Cream shortening for 1 minute at high speed. Add sugar gradually, taking 2 minutes to add it. Keep the mixer at high speed for 2 minutes. Stop mixer and scrape down the sides and bottom of bowl. Add the whole unbeaten eggs, and keep the mixer at low speed until the yolks are broken. Increase to high speed and beat for about 2½ minutes, stopping half-way to scrape down sides and bottom. Reduce to low speed and begin to add the dry ingredients a third at a time with a third of the milk. Beat each amount about 40 seconds. When all ingredients are added continue to beat at low speed for about 2 minutes. Keep scraping the sides of the bowl while it is in motion so as to be assured of a thorough mixing.

IMPORTANT NOTE—

There is a decided tendency with the electric mixer to overmix the batter and acquire large tunnels through the cakes. Keeping this in mind I have worked out the times and speeds for you rather thoroughly and checked with other authorities, so may I suggest that you follow the instructions I have set down for you quite accurately.

Variations:

1. CHOCOLATE CAKE—Omit 1 teaspoon baking powder and add ½ teaspoon baking soda to dry ingredients. Melt 2 squares baking chocolate and blend this when cooled slightly into the creamed butter, sugar and egg mixture. Add 2 tablespoons extra of milk. Bake at 350 degrees F. for layers—30 minutes, for loaf cake—45 to 50 minutes.

STANDARD WHITE CAKE

Variations (continued):

2. ORANGE CAKE—Omit the vanilla from the recipe and add 1 tablespoon finely grated orange rind to the creamed mixture. Bake at 350 degrees F., in layers 30 minutes, in loaf cake 45 minutes.

3. BRAZIL NUT CUP CAKES—Add $\frac{1}{2}$ cup thinly sliced Brazil nuts to the batter with the flour mixture. Turn into greased muffin tins or into paper baking cups. Bake at 350 degrees F. for about 20 to 25 minutes according to size.

4. RAISIN CAKE—Add $\frac{3}{4}$ cup washed and dried raisins to the mixture and increase the flour by $\frac{1}{4}$ cup. Bake at 350 degrees F., for layers 30 minutes, for loaf cake 45 minutes.

There are many variations you can work out for yourself, such as the use of almond flavoring and the addition of cocoanut. You can make a layer cake and make one layer chocolate and one layer white. The icing of a cake can change it considerably. One white cake could be iced half chocolate icing and the other half orange icing.

NOTE—Sift flour always once before measuring.

WHITE BUTTER CAKE

$\frac{1}{3}$ cup butter.
1 cup fine granulated sugar.
2 eggs.
1 teaspoon flavoring.

$\frac{1}{4}$ teaspoon salt.
 $2\frac{1}{2}$ teaspoons baking powder.
 $1\frac{3}{4}$ cups pastry flour.
 $\frac{1}{2}$ cup milk.

Cream butter, add sugar gradually and cream well. Add well-beaten eggs and flavoring. Beat well. Add alternately the milk and dry ingredients sifted together. Bake in buttered (8 x 8) pan in a moderate oven 350 degrees F. for 40 to 45 minutes or in 2 layers at 375 degrees for 25 minutes.

NOTE—Sift flour always once before measuring.

LAZY DAISY CAKE

$1\frac{1}{2}$ cups pastry flour.
 $2\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{4}$ cup fine granulated sugar.
 $\frac{1}{4}$ teaspoon salt.
1 egg, well beaten.

Milk to make $\frac{3}{4}$ cup.
 $3\frac{1}{2}$ tablespoons butter, melted
and cooled.
 $\frac{1}{4}$ teaspoon vanilla.

Measure dry ingredients (flour, baking powder, salt and sugar) into sifter. Sift together several times, then into mixing bowl. Beat egg and pour into measuring cup. Add enough milk to bring up to $\frac{3}{4}$ cup. Add this liquid to the sifted dry ingredients. Mix together quickly and thoroughly. Add cooled melted butter and vanilla. Turn into well-buttered cake pan (8 x 4). Bake at 350 degrees F. for 35 minutes. Turn out on to a cake rack. Cool before icing.

DOWNY WHITE CAKE

$\frac{1}{2}$ cup butter.
1 cup fine granulated sugar.
2 cups sifted flour.
3 teaspoons baking powder.

$\frac{1}{8}$ teaspoon salt.
 $\frac{2}{3}$ cup milk.
 $\frac{1}{2}$ teaspoon vanilla.
3 egg whites.

Cream butter very well. Add sugar gradually and cream in very thoroughly. Sift flour, baking powder and salt together at least 3 times. Add to creamed mixture alternately with the milk, beating lightly each time until smooth. Add vanilla. Fold in stiffly beaten egg whites. Bake in a buttered (8 x 8) pan at 350 degrees F. for 45 to 50 minutes.

GOLDEN CAKE

$\frac{1}{3}$ cup butter.
1 cup fine granulated sugar.
4 egg yolks.
 $\frac{1}{2}$ teaspoon lemon extract.

2 cups cake flour.
 $3\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{3}{4}$ cup milk.

Cream butter well, add sugar and cream together very thoroughly. Add the egg yolks, well beaten, and beat until the mixture is light and fluffy, add lemon extract. Mix and sift the dry ingredients and add alternately with the milk. Combine well. Pour into lightly buttered (9 x 9) pan and bake at 350 degrees F. for 40 minutes, or bake in 2 ten-inch layer cake pans or one (8 x 8) square pan and 1 dozen cup cakes.

MAPLE CAKE

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup brown sugar.
 $\frac{1}{2}$ cup maple syrup.
2 eggs, well beaten.
2 cups flour.

$2\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{4}$ teaspoon baking soda.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{2}$ cup milk.

Cream butter well, add brown sugar and mix well. Beat in the maple syrup, then the well-beaten eggs. Mix and sift all the dry ingredients, and add alternately with the milk. Beat slightly until smooth. Turn into a buttered angel food pan or (8 x 8) pan. Bake at 350 degrees F. for 40 to 45 minutes. Turn on to a cake rack to cool.

SPICE CAKE

$\frac{1}{2}$ cup butter.
2 cups brown sugar.
2 eggs.
 $\frac{3}{4}$ cup sour milk.
 $2\frac{1}{2}$ cups flour.
2 teaspoons baking powder.

$\frac{1}{2}$ teaspoon baking soda.
 $\frac{1}{4}$ teaspoon ground cloves.
 $\frac{1}{4}$ teaspoon ground cinnamon.
 $\frac{1}{4}$ teaspoon ground nutmeg.
 $\frac{1}{4}$ teaspoon salt.

Cream butter well and add sugar gradually (if lumpy sift out the lumps). Add well-beaten eggs. Beat well. Mix and sift all dry ingredients and add alternately with the milk. Bake in two buttered 9-inch layer pans at 375 degrees F. for 25 minutes or in a loaf pan (9 x 9) for 50 minutes at 350 degrees F. Ice with Seven-minute frosting to which you may add chopped candied ginger.

SOUTHERN PECAN CAKE

$\frac{1}{3}$ cup butter.
1 cup fine granulated sugar.
2 eggs.
1 teaspoon flavoring.

$\frac{1}{4}$ teaspoon salt.
 $2\frac{1}{2}$ teaspoons baking powder.
 $1\frac{1}{4}$ cups pastry flour.
 $\frac{1}{2}$ cup milk.

Cream butter, add sugar gradually and cream well. Add well-beaten eggs and flavoring. Beat well. Add alternately the milk and dry ingredients sifted together. Bake in buttered (8 x 8) pan in a moderate oven 350 degrees F. for 40 to 45 minutes.

When cool, spread with either peach or apricot jam to about $\frac{1}{8}$ inch thickness. Sprinkle with $\frac{1}{4}$ cup chopped toasted pecan nuts. Now, make a meringue of:

2 egg whites.
 $\frac{1}{8}$ teaspoon salt.

$\frac{1}{2}$ cup fruit sugar.
2 tablespoons granulated sugar.

Beat egg whites and salt until stiff. Add fruit sugar gradually, beating it in well. Fold in the granulated sugar and spread over the cake. Sprinkle with 1 tablespoon granulated sugar. Bake at 275 degrees F. for 25 minutes or until lightly browned.

MARBLE CAKE

$\frac{1}{4}$ cup butter.
1 cup fine granulated sugar.
2 eggs.
2 cups flour.

3 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup milk.
1 teaspoon vanilla.

Cream butter, add sugar very gradually. Now add well-beaten eggs and flavoring. Mix and sift dry ingredients, add alternately with the milk. Beat only until smooth. Divide batter. To one-half add:

2 tablespoons light molasses.
1 teaspoon cinnamon.
 $\frac{1}{4}$ teaspoon cloves.

$\frac{1}{4}$ teaspoon nutmeg.
2 tablespoons cocoa.

Place alternate spoonfuls of light and dark batter in a buttered (8 x 8) pan. Bake in a moderate oven at 350 degrees F. for 45 minutes. Cool and ice with any desired frosting.

HOT WATER GINGERBREAD

$\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ cup brown sugar.
1 egg.
 $\frac{3}{4}$ cup molasses.
 $2\frac{1}{4}$ cups flour.
2 teaspoons baking powder.

$\frac{1}{2}$ teaspoon salt.
1 teaspoon ginger.
1 teaspoon cinnamon.
 $\frac{1}{4}$ teaspoon nutmeg.
 $\frac{1}{2}$ teaspoon baking soda.
 $\frac{1}{2}$ cup boiling water.

Cream butter, add sugar and cream well together. Add the beaten egg and molasses. Beat well. Mix and sift together the dry ingredients and add to the first mixture. Beat in the boiling water. Pour into buttered pan and bake in a moderate oven at 325 degrees F. for 55 minutes.

GINGERBREAD CUP CAKES

$\frac{1}{2}$ cup butter.
 $\frac{1}{3}$ cup brown sugar.
 2 eggs, well beaten.
 $\frac{1}{4}$ cup molasses.
 $\frac{1}{2}$ cup milk.
 $\frac{1}{4}$ teaspoon baking soda.

2 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 1 teaspoon ginger.
 1 teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon cloves.
 $1\frac{3}{4}$ cups flour.

Cream butter, blend in sugar. Add eggs and beat well. Combine molasses and milk, and add alternately with sifted dry ingredients. Fill buttered muffin tins $\frac{2}{3}$ full. Bake in oven at 375 degrees F. for 20 to 25 minutes.

STRAWBERRY JAM CAKE

$\frac{1}{2}$ cup butter.
 1 cup fine granulated sugar.
 2 eggs.
 $\frac{1}{4}$ cup sour milk.
 1 teaspoon baking soda.
 2 cups pastry flour.

1 teaspoon cinnamon.
 1 teaspoon nutmeg.
 1 teaspoon allspice.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{3}{4}$ cup strawberry jam.

Cream butter very well and add the sugar gradually, creaming it in well. Now add the eggs one at a time being sure to beat in each one thoroughly as you add them. Dissolve the soda in the sour milk and add it to the egg mixture. Measure, mix and sift the dry ingredients and add to the batter alternately with the jam. Beat the mixture only until smooth and then turn it into 2 buttered layer cake pans. Bake at 375 degrees F. for 20 minutes. Turn on to cake racks to cool and frost with any desired frosting. Use the frosting as a filling for the cake as well.

CHOCOLATE PEPPERMINT LAYER CAKE

$\frac{1}{2}$ cup butter.
 2 cups brown sugar.
 2 eggs, lightly beaten.
 $2\frac{1}{4}$ cups flour.
 1 teaspoon baking powder.
 1 teaspoon baking soda.

$\frac{1}{4}$ teaspoon salt.
 1 teaspoon vanilla.
 $\frac{1}{2}$ cup sour milk.
 $\frac{1}{2}$ cup boiling water.
 2 squares unsweetened chocolate.

Cream butter and sugar together until light and fluffy. Add well-beaten eggs and beat well. Mix and sift dry ingredients and add alternately with the milk. Add vanilla. Combine boiling water and melted chocolate and add to the cake. Mix until well blended. Bake in 2 buttered layer cake pans (8-inch diameter) at 375 degrees F. for 30 minutes. Fill and ice with marshmallow mint frosting.

CHOCOLATE SNOWBALLS

Bake chocolate cake batter in large muffin tins, well buttered. Cool and split in half, and fill with marshmallow frosting. Now cover all over with the marshmallow frosting and then roll in cocoanut. For afternoon tea dainties cut the cake into small pieces and do not bother with the filling, but ice all over and cover with the cocoanut.

CHOCOLATE LAYER CAKE

$\frac{1}{2}$ cup butter.
2 cups brown sugar.
2 eggs.
2 cups pastry flour.
 $\frac{1}{2}$ cup cocoa.

1 teaspoon baking soda.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon vanilla.
1 cup sweet milk.

Cream butter very thoroughly, add sugar and cream well. Add well-beaten eggs and vanilla. Sift in dry ingredients (sifted together) alternately with the milk. Turn into 3 buttered round 7-inch layer cake pans. Bake at 350 degrees F. for 25 minutes or bake in (9 x 9) pan at 350 degrees F. for 50 minutes.

PRIZE DEVIL'S FOOD CAKE

$\frac{3}{4}$ cup butter.
 $1\frac{1}{2}$ cups fine granulated sugar.
3 eggs.
1 teaspoon vanilla.
3 squares unsweetened chocolate,
melted.

2 cups cake flour.
 $3\frac{1}{4}$ teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{3}{4}$ cup sweet milk.

Cream butter well, add sugar gradually and blend together thoroughly. Add well-beaten eggs. Add vanilla and melted chocolate and blend well. Measure dry ingredients and mix and sift together. Add flour mixture and milk alternately, beating each addition until smooth. Turn into 2 buttered layer cake pans (9-inch). Bake at 350 degrees F. for 30 to 35 minutes. Cool on cake racks before filling and icing.

CHOCOLATE SOUR CREAM CAKE

2 eggs.
1 cup fine granulated sugar.
1 cup thick, sour cream.
 $\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{2}$ cup cocoa.

$1\frac{1}{2}$ cups pastry flour.
 $\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{2}$ teaspoon baking soda.

Beat eggs until very light, add sugar gradually, beating it in very thoroughly. Add cream and vanilla. Beat well. Using a spoon beat in the sifted dry ingredients. Bake in buttered layer cake pan at 375 degrees F. for 18 to 20 minutes. Fill with lemon filling and ice with chocolate or Seven-minute frosting.

NOTE—Do not attempt to make this cake unless you have rich sour cream, as there is no butter in it.

CHOCOLATE UPSIDE-DOWN CAKE

In a round or square 8-inch pan melt 2 tablespoons of butter and sprinkle with $\frac{1}{2}$ cup of brown sugar. On this, arrange sliced canned peaches in a neat fashion. Over this pour half the recipe of the chocolate cake. Bake at 375 degrees F. for 30 minutes and then turn on to a cake rack. When lukewarm, serve with whipped cream. Cut in wedge shaped pieces.

CHOCOLATE ORANGE CAKE

$\frac{1}{2}$ cup butter.
1 cup fine granulated sugar.
1 egg.
2 squares unsweetened chocolate,
melted.

2 cups cake or fine pastry flour.
 $2\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{3}{4}$ cup sweet milk.
2 teaspoons grated orange rind.

Cream butter and sugar very well together. Add well-beaten egg and beat mixture thoroughly adding the melted chocolate. Add sifted dry ingredients alternately with the milk, beating lightly after each addition until smooth. Add grated orange rind. Bake in a buttered (8x8) pan at 350 degrees F. for 45 minutes. When cold frost with an orange icing.

CHOCOLATE WHIPPED CREAM CAKE

Bake any favorite sponge cake in an angel cake pan. Arrange on an attractive serving plate and ice with the following mixture:

$\frac{3}{4}$ pint 32 per cent. cream.
2 tablespoons cocoa.

$\frac{1}{4}$ teaspoon vanilla.
 $\frac{1}{2}$ cup fine sugar.

Combine all ingredients in a bowl. Allow to stand in refrigerator for one hour or more. Now beat until stiff and spread on cake. Sprinkle with browned cocoanut if desired.

HONEY DATE CAKE

1 cup dates.
1 cup boiling water.
 $\frac{1}{2}$ cup honey.
 $\frac{1}{2}$ cup brown sugar.
 $\frac{1}{3}$ cup butter.

1 egg.
3 cups flour.
3 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon baking soda.
1 cup chopped nuts.

Cook dates and water for 3 minutes. Remove from fire. Add honey and brown sugar. Cream butter, add beaten egg, then date mixture. Add sifted dry ingredients and nuts. Bake in a buttered pan at 350 degrees F. for 50 minutes. This cake will keep almost indefinitely.

PINEAPPLE CAKE

$\frac{1}{3}$ cup butter.
 $\frac{3}{4}$ cup fine granulated sugar.
1 egg white.
1 whole egg.

$1\frac{1}{4}$ cups flour.
 $\frac{1}{8}$ teaspoon salt.
 $1\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{2}$ cup pineapple juice.

Cream butter, add sugar very gradually and cream very thoroughly. Combine egg white and whole egg and beat until fluffy. Add to creamed mixture. Mix and sift dry ingredients several times and add alternately with the pineapple juice. Bake in buttered loaf pan (7 x 4) at 350 degrees F. for 40 minutes. Cool on a cake rack. Ice with pineapple frosting.

BANANA CAKE

$\frac{1}{2}$ cup butter.
1 cup fine granulated sugar.
2 eggs, well-beaten.
1 cup mashed bananas.
 $\frac{1}{4}$ cup sour milk.

1 teaspoon baking soda.
2 cups flour.
2 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon vanilla.

Cream butter. Add sugar gradually. Then eggs. Add bananas and vanilla. Beat well. Add sifted dry ingredients alternately with milk in which soda has been dissolved. Bake at 350 degrees F. for 45 minutes in a buttered (8 x 8) pan.

RAISIN AND ORANGE CAKE

$\frac{1}{2}$ cup butter.
1 cup fine granulated sugar.
2 eggs.
1 teaspoon vanilla.
 $\frac{1}{4}$ teaspoon salt.
2 cups flour.

1 teaspoon baking soda.
 $\frac{2}{3}$ cup warm water.
1 cup raisins, minced.
 $\frac{1}{2}$ cup walnuts, minced.
1 orange, minced.

Cream butter, add sugar gradually and cream well. Add well-beaten eggs and vanilla. Beat very well. Dissolve soda in warm water. Add alternately with sifted flour and salt. Lastly, add raisins, nuts and orange, lightly dredged with some flour. Bake in a buttered loaf pan (8 x 8) at 350 degrees F. for 50 minutes.

CALIFORNIA PRUNE CAKE

$\frac{1}{4}$ cup butter.
1 cup fine granulated sugar.
2 eggs.
 $1\frac{1}{2}$ cups stewed, chopped prunes.
2 cups flour.

1 teaspoon baking soda.
 $\frac{1}{2}$ teaspoon salt.
1 teaspoon cinnamon.
 $\frac{1}{4}$ teaspoon cloves.
 $\frac{1}{4}$ teaspoon allspice.
 $\frac{1}{2}$ cup sweet milk.

Cream butter and sugar well. Add well-beaten eggs. Add prunes. Sift together all the dry ingredients and add alternately with the milk. Beat lightly only until mixture is combined. Bake in (8 x 8) buttered loaf pan at 350 degrees F. (moderate oven) for 45 to 50 minutes.

NOTE.—Have prunes well drained.

APPLE SAUCE CAKE

$\frac{1}{2}$ cup butter.
1 cup fine granulated sugar.
1 egg.
2 cups flour.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon baking soda.

1 teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon cloves.
1 cup raisins.
 $\frac{3}{4}$ cup chopped nuts.
1 cup warm applesauce (unsweetened).

Cream butter, add sugar gradually and beat well. Add egg and beat this mixture very thoroughly. Mix and sift the dry ingredients—adding $\frac{1}{4}$ cup of the flour to the raisins and nuts. Add dry ingredients alternately with the applesauce. Now, add the dredged raisins and nuts. Combine well and pour into a buttered cake pan (8 x 8). Bake at 350 degrees F. for about 65 minutes. This may be baked in a tube pan and is quite attractive.

PRUNE AND BRAZIL NUT CAKE

$\frac{1}{2}$ cup butter.
1 cup fine granulated sugar.
2 eggs.
 $\frac{2}{3}$ cup milk.
2 cups flour.

3 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon lemon extract.
 $\frac{3}{4}$ cup soaked prunes, pitted.
 $\frac{1}{2}$ cup chopped Brazil nuts.

Cream butter and then gradually add sugar. Beat eggs and add to butter mixture. Beat this mixture well. Add flavoring. Mix and sift dry ingredients, and add alternately with the milk. Sprinkle 2 extra tablespoons of flour over the fruit and nuts. Add to the cake batter. Bake in a buttered square or loaf pan, (8 x 8) approximately, at 350 degrees F. for 1 hour. Ice with lemon butter icing.

EGGLESS RAISIN CAKE

$1\frac{1}{2}$ cups seedless raisins.
1 cup brown sugar.
1 cup water.
 $\frac{1}{3}$ cup shortening.
2 tablespoons corn syrup or honey.
2 cups flour.

$\frac{1}{2}$ teaspoon nutmeg.
1 teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon cloves.
1 teaspoon baking soda.
 $\frac{1}{2}$ teaspoon baking powder.
1 teaspoon vanilla.
 $\frac{1}{2}$ teaspoon salt.

Place sugar, water, raisins, shortening and syrup in saucepan. Bring to boil and boil 3 minutes. Cool. Mix and sift dry ingredients. Add to the cooled raisin mixture with the vanilla. Turn into a greased loaf cake pan and bake 40 minutes at 350 degrees F. Cool and ice with chocolate frosting. Keep well covered.

MOTHER'S DATE CAKE

$\frac{1}{2}$ cup butter.
 $1\frac{1}{2}$ cups brown sugar.
2 eggs.
2 cups flour.
2 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.

1 teaspoon cinnamon.
 $\frac{1}{4}$ teaspoon cloves.
 $\frac{1}{4}$ teaspoon allspice.
 $\frac{1}{4}$ teaspoon baking soda.
 $\frac{1}{2}$ cup sour milk.
 $1\frac{1}{4}$ cups chopped dates.

Cream butter, add sugar and cream thoroughly. Add well-beaten eggs. Beat well. Mix and sift dry ingredients. Sprinkle some of the dry ingredients on the dates. Add the dry ingredients alternately with the milk. Add the fruit and mix well. Pour into a buttered pan (8 x 8) and bake at 350 degrees F. for 55 minutes.

VALENTINE CREAM CAKE

Bake a two-layered white cake. Cool. Cut into a heart-shape using a card board heart as a guide. Place the layers together with lemon filling. Cover the whole with whipped cream. Meanwhile have prepared a red jelly powder and allow it to set in a shallow pan lined with waxed paper. From this cut small red hearts and garnish the cream with these small red jelly hearts. Ever so attractive in appearance—and mighty good eating too.

BRIDAL DOLL CAKE CENTRE

Bake an angel cake or sponge cake in a tube pan. Ice this all over with a fluffy icing or with a plain icing and use a pastry tube to decorate the plain icing. This cake is to represent the bouffant skirt of your bride. Then in the centre place a small doll which has been prepared thus: Purchase a small 6-inch kewpie or china doll—either blonde or brunette, according to your bride. For the bodice of her dress, stretch a piece of white satin ribbon around her and sew it up the back. A quarter yard of tulle and a little bunch of lily-of-the-valley will provide the veil and the bouquet. Her limbs—so far still unclad, are slid down into the centre of the cake and a little ruching of the satin can form the girdle to fill in the gap that would appear between the lady and the cake. Since you will later eat the cake and in this way disrobe the bride—which, after all, is not considered quite correct in the best circles, you should have ready a small satin skirt to put on the doll so that the bride may take her effigy home in decent array.

The bridesmaids can be made by baking the cake in small ring molds and using smaller dolls, then icing these in various pastel shades.

WITCHES' CAKE

Bake your favorite white cake using largest size tube pan. When cake is cold, cover with a chocolate icing of a butter icing variety. Now, wash well a large carrot and pin black crepe paper around it to make a shawl and skirt. Mark on a face at the top part of the carrot with melted chocolate. Pin on a tall black witch's hat of crepe paper. Stand narrow end of carrot in hole in centre of cake, fluffing the skirts out over the cake top.

MIDNIGHT CAKE

Take your favorite chocolate cake or dark spice cake and bake it in 2 round layer cake pans. Put these layers together with a thick date filling. Cover over all with a creamy chocolate frosting. Allow this to dry and then make a small amount of white icing and, dipping a toothpick in this mark the hours from one to twelve around on the top of the cake, as though it were the face of a clock. Now mark the hour hand pointing to twelve and the minute hand towards eleven, denoting five minutes to twelve. For the individuals bake the mixture in large muffin tins and split to fill. Ice each one individually as directed above.

Fruit Cakes

MY FAVORITE CHRISTMAS CAKE

2½ pounds seeded raisins.
 2½ pounds currants.
 1 pound candied cherries.
 ½ pound figs.
 ½ pound candied pineapple.
 ¼ pound each of orange, lemon
 and citron peel.
 1 pound blanched almonds.
 1 pound butter (2 cups).

1 pound fine granulated sugar
 (2¼ cups).
 12 eggs.
 ½ cup brandy or ¼ cup cider
 vinegar and ¼ cup grape or
 cherry juice.
 ½ teaspoon salt.
 3½ cups flour.

Prepare fruit by washing and chopping finely the peel, figs and pineapple. Split the blanched almonds in half. Mix ¾ cup of the flour into the fruit to dredge it. Cream the butter and sugar, add one egg at a time, and beat in thoroughly, continuing until all the eggs are added. Sift remaining flour and salt, adding it alternately with the liquid. Now add the fruit and nuts. Have pans lined with heavy paper, well greased with butter. This makes 3 cakes approximately (5 x 5) and (7 x 7) and (9 x 9), the regular Christmas cake pans. Bake at 275 degrees F. 2¼ hours for (5 x 5), 2¾ hours for (7 x 7), 3¼ hours for (9 x 9).

When the cake is done, turn it on to a cake rack. Allow to cool. Remove pan but *do not remove paper*. The paper helps to keep it moist while it is standing. After the cake is cool, place it in a closely covered crock and put an apple or an orange into the crock with it.

NOTE—*Mix fruit cakes with your hands.*

LIGHT CHRISTMAS CAKE

1½ cups butter.
 2 cups fruit sugar.
 6 eggs.
 1½ cups bleached Sultana raisins.
 1 cup shredded candied pineapple.
 ¼ cup chopped citron peel.

1 cup chopped red cherries.
 1 cup shredded blanched almonds.
 4 cups flour.
 ½ teaspoon salt.
 1 teaspoon baking powder.
 1 tablespoon orange juice.

Cream butter well, add sugar gradually and cream very thoroughly. Add unbeaten eggs, one at a time. Beat well after each addition. Dredge fruit and nuts with part of the flour. Sift salt and baking powder with remaining flour and add to creamed mixture. Add nuts, fruit and orange juice. Bake in a deep, square, (9 x 9) fruit cake pan, well lined with buttered heavy paper. Bake at 300 degrees F. for 2 hours, approximately. The time depends greatly on the depth of the cake.

WEDDING CAKE

Use recipe for My Favorite Christmas Cake.

BALMORAL CAKE

1½ cups butter.
2 cups fruit sugar.
6 eggs.
2 cups Sultana raisins.
2 ounces preserved ginger,
chopped.

1 cup blanched almonds,
shredded.
1 teaspoon baking powder.
½ teaspoon salt.
4 cups flour.

Cream butter well, add sugar gradually and cream well together. Add unbeaten eggs, one at a time and beat in well. Dredge fruit and nuts with part of flour. Sift remaining dry ingredients together and add to creamed mixture. Lastly add fruit and nuts. Bake in large square or round pan (8 x 8 x 4) lined with buttered paper in an oven at 325 degrees F. for 1½ to 1¾ hours.

NOTE—This cake keeps very well and is splendid to have on hand for the "emergency occasion".

FRUIT POUND CAKE

1 cup butter.
1 cup fruit sugar.
3 eggs.
2¼ cups flour.
½ teaspoon salt.

Grated rind of 1 lemon.
1 cup Sultana raisins.
¾ cup currants.
½ cup finely cut mixed peel.

Cream butter, add sugar gradually, then eggs, one at a time. Beat in well. Dredge fruit with some of the flour and add lemon rind, sifted flour and salt, then the fruit. Bake in a (6 x 6) deep, square pan lined with buttered heavy paper. Bake at 300 degrees F. for 1¾ hours approximately.

PINEAPPLE FRUIT CAKE

1½ cups butter.
1¾ cups fruit sugar.
6 eggs.
½ cup pineapple jam.
3 tablespoons corn syrup.
1½ cups bleached Sultana raisins.
1 cup halved green candied cherries.

½ cup shredded red candied pineapple.
⅓ cup chopped citron peel.
1 cup shredded blanched almonds.
4½ cups flour.
½ teaspoon salt.
1 teaspoon baking powder.
2 teaspoons lemon juice.

Cream butter well and add the sugar. When this is thoroughly creamed beat in the unbeaten eggs, one at a time. Beat very well. Add the syrup and jam. Have the fruit and nuts prepared and dredge with part of the flour. Sift remaining flour, baking powder and salt and add to the butter, sugar and egg mixture. Now, add the nuts, fruit and lemon juice. Bake in a pan (8 x 8 x 4), lined with heavy greased paper. Bake at 300 degrees F. for 2 hours, approximately. (If baked in smaller pans there is a slight difference in time).

DUNDEE CAKE

$\frac{3}{4}$ cup butter.
 $1\frac{1}{4}$ cups sugar.
 4 eggs.
 $\frac{1}{4}$ cup corn syrup.
 $1\frac{1}{2}$ cups seedless raisins.
 $\frac{1}{2}$ cup chopped citron peel.
 $\frac{1}{3}$ cup chopped orange peel.

$\frac{1}{3}$ cup chopped lemon peel.
 $\frac{1}{2}$ cup chopped candied cherries.
 2 tablespoons orange juice.
 4 tablespoons grated orange rind.
 $3\frac{1}{2}$ cups flour.
 1 teaspoon baking powder.
 $\frac{1}{2}$ teaspoon salt.

Cream butter and sugar well together. Add unbeaten eggs one at a time, beating well after each addition. Add syrup. Have fruit prepared and dredge with some of the flour. Mix and sift remaining flour, baking powder and salt. Add with the orange juice and rind to the mixture. Add fruits. Bake at 300 degrees F. for about 2 hours in a pan (8 x 8 x 4) lined with heavy greased paper. Store for about 1 week before using.

GUM DROP CAKE

1 cup butter.
 1 cup fruit sugar.
 3 eggs.
 $2\frac{1}{4}$ cups flour.

$\frac{1}{2}$ teaspoon salt.
 Grated rind of 1 lemon.
 $\frac{1}{2}$ cup Sultana raisins.
 $\frac{1}{2}$ pound colored gum drops.

Cream butter, add sugar gradually, then eggs, one at a time. Beat in well. Dredge fruit with some of the flour and add lemon rind, sifted flour and salt, then the fruit and gum drops. Bake in a (6 x 6) deep, square pan lined with buttered heavy paper. Bake at 300 degrees F. for $2\frac{1}{4}$ hours approximately.

NOTE—I really would suggest that you double this recipe as you will find it very popular and a grand cake to have on hand. Omit all the black gums and if you buy the large gums cut them in half. Dredge these with flour as you would fruit.

ORANGE FRUIT CAKE

1 pound bleached Sultana raisins.
 $\frac{1}{2}$ pound green candied pineapple.
 $\frac{1}{2}$ pound red candied cherries.
 $\frac{1}{2}$ pound blanched almonds.
 $\frac{1}{4}$ pound citron peel.
 $\frac{3}{4}$ cup orange juice.

1 cup butter.
 $1\frac{1}{2}$ cups fine granulated sugar.
 4 eggs.
 2 tablespoons rose water.
 3 cups pastry or cake flour.
 $\frac{1}{2}$ teaspoon salt.

Pick over raisins. Shred pineapple and halve the cherries. Split the almonds and cut citron peel into small shreds. To these fruits, add $\frac{1}{2}$ cup of the orange juice and leave to stand over night. Cream the butter very well; add the sugar gradually and mix thoroughly. Now add the eggs one at a time, beating each one until fluffy before adding the next. Add the remaining $\frac{1}{4}$ cup orange juice and part of the sifted flour. Sift the remaining flour over the fruit and dredge well. Combine all ingredients then turn into the (8 x 8) fruit cake pan, lined with heavy buttered paper. Bake at 300 degrees F. for about 3 hours.

Sponge Cakes

PRIZE SPONGE CAKE

5 egg yolks.
5 tablespoons cold water.
1 cup fruit sugar.
1 cup pastry flour.

1 teaspoon lemon extract.
1 teaspoon vanilla.
1 teaspoon cream of tartar.
5 egg whites.

Combine egg yolks, water and sugar. Beat with double Dover egg beater for 10 minutes, or with electric beater at second speed for 5 minutes. Add flour, sifted several times, and flavoring. Beat again well with the beater until well combined. Beat egg whites until foamy, add cream of tartar and beat until stiff and dry. Fold this into first mixture using a spatula. Bake in unbuttered tube pan at 300 degrees F. for 70 minutes. Invert on cake rack and let hang in pan until cold. Use largest size tube pan or bake in individual muffin tins or paper cups at 325 degrees F. 25 to 30 minutes.

NOTE—What a sponge cake this is! The method is quite unusual and because it breaks some of the sponge cake rules maybe that is the reason it is so good.

ANGEL FOOD CAKE

1 cup cake flour.
1 cup egg whites (8 to 10 whites).
 $\frac{1}{4}$ teaspoon salt.

1 teaspoon cream of tartar.
 $\frac{1}{4}$ cups sifted fruit sugar.
 $\frac{3}{4}$ teaspoon vanilla.
 $\frac{1}{4}$ teaspoon almond extract.

Sift flour on to wax paper several times. Beat egg whites and salt with a flat whisk beater on a large platter. When foamy add cream of tartar and beat until stiff enough to hold in peaks, but not dry. Fold in sugar, using a spatula or the flat beater, 2 tablespoons at a time until all is used. Add flavorings, folding them in. Now sift a small quantity of the flour over the mixture. Fold in carefully and continue until all is used. Pour batter into an ungreased angel food pan. Bake in a slow oven 275 degrees F. for 30 minutes. Increase heat to 325 degrees F. for another 30 minutes. Total time 60 minutes. Remove from oven and invert pan for 1 hour or until cake is cold. Do not remove cake from pan until cold.

LEMON SPONGE ROLL

$\frac{3}{4}$ cup cake flour.
 $1\frac{1}{4}$ teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.

4 eggs.
 $\frac{3}{4}$ cup fruit sugar.
1 teaspoon vanilla.

Sift flour. Combine baking powder, salt and eggs in a large bowl. Place over another bowl of hot water and beat well with Dover egg beater. Add the sugar gradually, beating well after each addition until the mixture becomes very light and thick. Remove bowl from water. Fold in flour and vanilla. Turn into a pan (15 x 10), lined with greased paper. Bake at 400 degrees F. for 13 minutes. Meanwhile, spread a damp cloth on table and sprinkle heavily with fruit sugar. Remove paper from cake and trim off crusts. Spread with thick lemon filling (or jelly) and roll as quickly as possible. Wrap in cloth and leave until cool.

CHOCOLATE LEMON ROLL

Make Lemon Sponge Roll recipe. Cut the cake into 6 equal rectangular pieces. Spread with lemon filling. Roll up tightly, then ice each roll with lemon filling and dip in shavings of sweet chocolate. These are most attractive for individual service or each roll can be cut in half for tea service.

APRICOT ROLL

Spread sponge roll with thick stewed apricots. Roll as usual. Cut in slices and place on dessert plate. Top with mound of whipped cream. Sprinkle with toasted cocoanut.

SPONGE OR JELLY ROLL

3 eggs.
1 cup fruit sugar.
1 cup flour.
1 teaspoon baking powder.

$\frac{1}{8}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon almond extract.
3 tablespoons hot water.

Beat egg yolks until foamy. Add $\frac{1}{2}$ of sugar and beat well. Add boiling water, remaining sugar and flavoring. Fold in dry ingredients which have been sifted together. Beat egg whites until stiff and fold into first mixture. Bake in ungreased jelly cake pan (10 x 15) at 350 degrees F. for 25 minutes. Turn out on to a damp towel, spread with jam, jelly or chopped fresh fruit and roll while hot. Serve in slices topped with whipped cream if desired.

WHIPPED CREAM ROLL

Roll up the sponge roll without any filling. When cool, unroll and fill with 1 cup whipped cream, to which 1 teaspoon dissolved gelatine has been added. Soak the gelatine in 1 tablespoon cold water, then dissolve over hot water. Roll up again to serve.

FIVE-MINUTE SWISS ROLL

2 eggs, well beaten.
2 tablespoons sugar.
2 tablespoons flour.

2 teaspoons baking powder.
 $\frac{1}{8}$ teaspoon vanilla.
Jelly.

Beat eggs well. Add the sifted dry ingredients and mix well. Turn into a pan (7 x 7), lined with greased paper. Bake at 375 degrees F. for 5 to 7 minutes. Turn on to a damp towel sprinkled with fruit sugar. Trim off crusts, spread with jelly and roll quickly.

CHOCOLATE MARSHMALLOW ROLL

6 tablespoons cake flour.
 $\frac{3}{4}$ teaspoon baking powder.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{3}{4}$ cup fine fruit sugar.
4 egg whites.

4 egg yolks.
1 teaspoon vanilla.
2 squares melted unsweetened chocolate.

Mix and sift flour, baking powder and salt. Separate eggs and beat whites until stiff and fold in the sugar gradually and lightly. Beat egg yolks until very light and fold into the whites with the vanilla. Fold in the flour gradually, then beat in chocolate gently but thoroughly. Turn into a jelly roll pan (15 x 10) which has been well greased, then lined with paper to within $\frac{1}{2}$ inch of the edge and greased again. Bake at 400 degrees F. for 13 minutes. Cut off crisp edges of cake and turn out on a cloth covered with powdered sugar. Remove paper and spread with marshmallow frosting and roll up. Wrap in cloth and cool.

ORANGE SUNSHINE CAKE

5 egg yolks.
7 egg whites.
 $\frac{1}{2}$ teaspoon cream of tartar.
 $\frac{1}{8}$ teaspoon salt.
 $1\frac{1}{4}$ cups fruit sugar.

1 cup flour.
 $\frac{1}{4}$ teaspoon lemon juice.
2 teaspoons orange juice.
Grated rind of 1 small orange.

Sift flour several times. Sift sugar. Beat whites until foamy, add cream of tartar and salt and beat until stiff but not dry. Beat in sifted sugar then fold in well beaten egg yolks. Cut and fold in flour, fruit juices and rind. Turn into an ungreased tube pan (large size), bake in slow oven, 300 degrees F. for 1 hour. Invert and allow to "hang" in pan until cold. This may be iced or served sprinkled with icing sugar.

VIENNA TORTE**THE CAKE**

3 egg yolks.	$\frac{1}{8}$ teaspoon salt.
$\frac{3}{4}$ cup finest granulated sugar.	$\frac{3}{4}$ cup pastry flour.
$\frac{1}{4}$ cup warm water.	1 teaspoon baking powder.
3 egg whites.	

Beat egg yolks thoroughly, add sugar gradually and beat for 15 to 20 minutes with a Dover beater or in an electric beater about 7 minutes. Add warm water and beat in well. Combine salt and egg whites and beat until stiff. Cut and fold the egg white into the egg yolk mixture and when half mixed add the flour and baking powder, sifted together 4 times. Turn into 3 ungreased layer cake pans (7 inches in diameter). Bake at 325 degrees F. for 25 minutes. Invert on cake racks to cool. Remove from pans. Put layers together, filling and frosting with:

THE FILLING AND FROSTING—

3 tablespoons granulated sugar.	$\frac{1}{2}$ teaspoon vanilla.
2 tablespoons flour.	1 cup hot milk.
$\frac{1}{8}$ teaspoon salt.	

Combine sugar, flour and salt. Add hot milk. Cook until thick. Add vanilla. Cool this custard mixture.

Cream together:

$\frac{1}{2}$ cup butter.	$\frac{1}{2}$ cup icing sugar.
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Beat custard mixture gradually into the creamed mixture. Spread this mixture between the layers and over the top and sides of the cake. Sprinkle all over top and sides with:

THE TOP—

$\frac{1}{4}$ pound blanched almonds.	$\frac{1}{4}$ cup granulated sugar.
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Chop almonds very, very finely, add sugar and place in frying pan. Heat slowly, allowing the sugar to melt and caramelize gradually. This will take 15 to 20 minutes and, with the constant stirring, will form into a lump. Turn this on to a greased plate to cool. Now roll into a fine powder with the rolling pin. Sprinkle all over the cake.

NOTE—For those of you who enjoy rum flavor in foods you will appreciate a tablespoon of rum in place of the vanilla in the frosting. Although this looks like considerable work—the results more than justify the labor.

Cake Frostings and Fillings

PLAIN BUTTER FROSTING

4 tablespoons soft butter.
1½ tablespoons rich milk or
cream.

2 cups icing sugar.
½ teaspoon vanilla.

Cream butter well until quite soft. Add sugar gradually and cream in well. Add the milk as needed and if icing is too soft, add a little more icing sugar. Add vanilla and beat the mixture very thoroughly with a fork.

ORANGE FROSTING

To the above recipe add: 1½ teaspoons grated orange rind. 1½ tablespoons orange juice, and omit the milk and vanilla.

MARASCHINO FROSTING

To the above standard recipe add: 3 tablespoons chopped maraschino cherries and enough cherry juice to make it spread. Omit the milk.

MOCHA FROSTING

To the above standard recipe add: 1½ tablespoons strong liquid coffee and omit the milk.

ORNAMENTAL FROSTING

1 egg white.
1¼ cups icing sugar.

1 teaspoon lemon juice.

Beat egg slightly, add icing sugar and beat in thoroughly until smooth. Add lemon juice. Beat well. Spread on top of almond paste on fruit cake.

NOTE—Add the sugar gradually as the amount of sugar is governed greatly by the size of the egg.

NOTE—To obtain a smooth surface dip the spatula or knife in warm water. Shake off any surplus water and run the flat surface of the knife gently over the icing from one side straight over to the other.

ALMOND PASTE

1 pound almonds, blanched.
1 pound icing sugar, approximately.
2 eggs, beaten.

1 teaspoon almond flavoring.
1 teaspoon rose water extract.

Put almonds through the very finest mincer at least twice, using freshly blanched almonds. Add eggs and flavorings. Mix well. Add enough icing sugar to make a stiff mixture. Turn on to a board sprinkled with icing sugar and knead until soft and smooth.

TO PLACE THE PASTE ON THE CAKE, place the paste on a bake board and roll it out to desired thickness—anywhere from $\frac{1}{3}$ inch to 1 inch. Cut it into the approximate size of cake. Meanwhile, rub the cake all over the top with egg white. Press the almond paste on to this—the egg white acts as a glue to hold the paste to the cake. Trim off the edges neatly. Cover with a white frosting. Do not put either paste or icing on the sides for Christmas cakes. Decorate the tops, if desired, with silver holly leaves and red berries.

TO ICE A FRUIT CAKE

Rub over the outside of the cake with slightly beaten egg white and cover with almond paste to not more than $\frac{1}{2}$ -inch thickness. Over this spread smoothly a thin layer of ornamental frosting and allow it to dry. Spread on a second coating of frosting and smooth with a knife dipped in hot water. With an icing tube and more ornamental frosting, pipe a border around the cake and decorate it with the other tube arrangements that come with the icing set. Use silver leaves and silver shot for further decoration if desired. If more than one tier is iced, they should be piled on top of each other before the ornamental frosting is put on.

MOCK ALMOND PASTE

1 medium size sweet potato.
 $\frac{1}{2}$ pound icing sugar.

$\frac{1}{2}$ teaspoon almond flavoring.
 $\frac{1}{4}$ teaspoon rose water extract.

Bake the potato until soft. Scrape out of skin. Mash well and cool slightly. Work in the icing sugar (more may be needed). Add extract and work all well together until smooth. Do not have it too firm since as it cools it becomes firmer.

DIVINITY FROSTING

$1\frac{1}{2}$ cups brown sugar.
 $\frac{1}{8}$ teaspoon cream of tartar.
 $\frac{1}{2}$ cup hot water.

2 egg whites.
 $\frac{1}{4}$ teaspoon vanilla.

Combine sugar, cream of tartar and hot water. Stir until sugar is dissolved. Bring to boil and cook until it spins a thread or 248 degrees F. Beat egg whites until stiff. Add the sugar syrup gradually, beating it in well. Add vanilla. Swirl on to the cake. Nuts may be added if desired.

NOTE—If

(1) the boiled icing shows signs of hardening before being placed on the cake, beat in a few drops of hot water or lemon juice.

(2) the mixture refuses to thicken, turn it into the top of the double boiler and beat over slow heat until it becomes granular around the sides of the dish. Remove from heat and continue to beat until stiff.

COATINGS FOR ICED SMALL CAKES

- (1) Chopped nuts of any kind.
- (2) Chopped almonds, blanched and colored to suit your color scheme.
- (3) Cocoanut, either shredded or desiccated, plain or colored to the pastel shades.
- (4) Grated milk chocolate.
- (5) Chocolate shot.
- (6) Colored granulated sugar.

CARAMEL FROSTING

1 cup brown sugar.
 $\frac{1}{4}$ cup white sugar.
1 tablespoon corn syrup.

$\frac{2}{3}$ cup milk.
1 tablespoon butter.
 $\frac{1}{4}$ teaspoon vanilla.

Pack brown sugar firmly into cup. Combine with white sugar, milk and syrup. Stir over slow heat until sugar is dissolved. Increase heat and allow mixture to boil until syrup forms a soft ball in cold water—or about 240 degrees F. Add butter and vanilla. Cool to lukewarm. Beat until thick and creamy and of right consistency to spread. Spread on cake. Decorate with nuts either whole or chopped.

PINEAPPLE FLUFFY FROSTING

$\frac{3}{4}$ cup granulated sugar.
 $\frac{1}{4}$ cup cold water.
 $\frac{1}{2}$ tablespoon light corn syrup.

1 egg white.
 $\frac{1}{2}$ cup pineapple cubes, drained.

Combine sugar, water and syrup in a saucepan. Stir over low heat until the sugar is dissolved. Boil rapidly until the syrup forms a firm ball in cold water or 245 degrees F. Remove from the heat. Meanwhile, beat the egg white until it is stiff. Continue to beat while adding the hot syrup gradually. Beat until stiff. Fold in the drained pineapple. Pile on cake.

ICING SMALL CAKES

To ice small cakes you must first of all use a cake that has very little crumb when cut. A crumbly cake will drop crumbs into the icing and spoil everything. After cutting the cake (not more than 1 inch high) into desired shapes each cake is dipped into very slightly beaten egg white. This is allowed to dry before the icing is applied.

If a butter icing or boiled frosting is used the 4 sides should be iced first then dipped in whatever coating you may desire. Then place a daub of icing on the top and dip into the coating. If, however, a fondant frosting is used, then the cake covered with the egg is dipped into the melted fondant with 2 forks, or a small pitcher, warmed and greased lightly inside, can be used to pour the fondant over the cakes. The fondant iced cake is not usually dipped in any other coating but is merely garnished with a piece of cherry, a nut or some other dainty garnish. The icings can, of course, be colored to suit any color scheme.

SEVEN-MINUTE FROSTING

2 egg whites.
1 cup brown sugar.
 $\frac{1}{8}$ teaspoon salt.

1 tablespoon corn syrup.
2 tablespoons water.
1 teaspoon vanilla.

Put egg whites, sugar, syrup, salt and water in top of double boiler. Beat with Dover beater until well mixed. Place over rapidly boiling water and beat constantly for 7 minutes or until frosting stands in peaks. Remove from fire, add vanilla, and continue to beat until stiff. Spread on cake, mounding it nicely. Sprinkle, if desired, with nuts or coconut.

FONDANT ICING

2 cups fine granulated sugar.
1¼ cups water

¼ cup corn syrup.

Place ingredients in a saucepan; stir over low heat until sugar is dissolved. Remove spoon and do not stir candy again—it should not be necessary. Cover the pan for about 3 minutes so the steam will dissolve crystals of sugar around the edge and sides of pan. Remove cover and place in thermometer, if you have one, and boil rapidly to 240 degrees F. or to a soft ball in cold water. During the boiling wipe down the sugar crystals around the side with a fork wrapped in wet cheesecloth. Pour fondant after it has reached temperature on to a moistened platter. Do not scrape the pan. Cool until lukewarm and surface wrinkles when touched. Work with a spoon until white and creamy, then work with the hands until smooth and free from lumps. Cover closely in a jar and leave to ripen at least 24 hours.

TO ICE CAKES—

Melt the desired amount of fondant in a small double boiler, color as desired and then dip pieces of cake coated with egg white or pour the melted fondant over the cakes carefully.

LADY BALTIMORE FROSTING

1 cup fine granulated sugar.
1 cup boiling water.
⅛ teaspoon cream of tartar.
3 egg whites.

1 cup chopped walnuts.
1 cup seedless raisins.
3 figs, chopped.

Boil sugar and water with cream of tartar until it spins a thread or to 252 degrees F. Pour over stiffly beaten egg whites and continue beating until stiff. Then add the chopped nuts and fruit. Pile between and on top of the cake.

NOTE—Candied ginger may be added if desired.

FRESH STRAWBERRY ICING

1 egg white.
1½ cups icing sugar.

½ cup slightly crushed berries.
⅛ teaspoon salt.

Place egg white with salt in bowl. Add ½ of sugar, gradually beating it in with a Dover or electric beater. Add berries, draining off the surplus juice. Beat well again, adding the remaining sugar. Pink coloring may be added if the berries are not a bright red. More icing sugar may be needed.

BITTERSWEET COATING

2 squares unsweetened chocolate.

2 teaspoons butter.

Melt chocolate and butter over hot water and blend. Cool slightly and pour as coating over cakes.

CHOCOLATE BURNT ALMOND ICING

3 tablespoons butter.
2 tablespoons cocoa.
1½ cups icing sugar.

2 tablespoons milk.
½ teaspoon vanilla.
⅓ cup chopped browned almonds.

Melt butter, add cocoa and cook for 1 to 2 minutes. Add sugar, vanilla and milk and beat until smooth. Add nuts, warm from the oven. Cool slightly and spread on the cake.

To prepare almonds for the icing: Chop unblanched almonds into a pie plate and dot with 1 tablespoon of butter. Place in a fairly hot oven (400 degrees F.) or under broiler and heat until browned. Add to icing.

REFRIGERATOR CHOCOLATE FROSTING

3 squares unsweetened chocolate.
1½ cups icing sugar.
2½ tablespoons hot water.

3 egg yolks.
4 tablespoons butter.

Melt chocolate in double boiler. Remove from boiling water, add sugar and water, and blend. Add egg yolks, one at a time, beating well after each. Add butter, a tablespoon at a time, beating thoroughly after each amount. Makes enough frosting to cover tops and sides of two 9-inch layers, or top and sides of (8 x 8 x 2) cake (generously), a splendid way for using left-over egg yolks. (To make ½ of the recipe use 1 whole egg). Will keep stored in refrigerator.

MARSHMALLOW FROSTING

1 cup fine granulated sugar.
2 tablespoons light corn syrup.
½ cup hot water.
8 marshmallows.

2 egg whites.
⅓ teaspoon salt.
¼ teaspoon vanilla.

Combine sugar, syrup and water. Stir and bring to boil. Boil to 248 degrees F., or until it spins a thread, or forms a hard ball in cold water. Remove from heat. Add cut marshmallows. Beat egg whites with salt until stiff, gradually add the syrup, beating constantly. Add the vanilla. Beat until stiff. Place between layers and then over the top of cake. Sprinkle with chocolate shot.

CHOCOLATE FILLING OR FROSTING

3 tablespoons corn starch.
3 tablespoons cocoa.
1 cup sugar.
⅓ teaspoon salt.

1 cup boiling water.
½ teaspoon vanilla.
1 teaspoon butter.

Combine corn starch, sugar and cocoa with salt in a saucepan. Stir in boiling water. Bring to a boil and stir and cook until thick and clear. Cook 2 minutes longer. Add vanilla and butter. Spread while hot between layers and over top of cake. For a large cake make once and a half the quantity.

ORANGE FROSTING

$\frac{1}{4}$ cup butter.
 $\frac{2}{3}$ cups icing sugar.
1 egg yolk, slightly beaten.
1 tablespoon lemon juice.

1 tablespoon orange juice.
1 teaspoon grated orange rind.
Orange coloring if desired.

Cream butter, add sugar and cream in well. Add other ingredients and beat with a fork until very light, spread on cake, attractive sprinkled with chocolate shot.

LEMON CHEESE

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup sugar.

Juice and grated rind of 3 lemons.
3 egg yolks.

Place butter, sugar and lemon rind in upper part of double boiler. Cook until butter is melted and sugar dissolved. Combine egg yolks and lemon juice. Add quickly to hot mixture, stirring in constantly. Cook until thickened slightly. Chill well before using. This recipe may seem too thin when you take it from the stove, but on chilling the butter firms up and it becomes thicker.

ORANGE FILLING

2 tablespoons butter.
 $\frac{2}{3}$ cup sugar.
 $4\frac{1}{2}$ tablespoons cornstarch.
2 egg yolks.

$1\frac{1}{4}$ cups water.
 $\frac{3}{4}$ cup orange juice.
 $1\frac{1}{2}$ teaspoons grated orange rind.
2 tablespoons lemon juice.

Melt the butter in the top of a double boiler. Blend in the sugar and cornstarch. Place over hot water and add the remaining ingredients except egg yolks. Stir and cook for about 5 minutes until thick and clear. Add some of the hot mixture to the slightly beaten yolks. Return to double boiler and cook for about 3 minutes longer. Spread on and between cake while still warm. Sprinkle with freshly grated cocoanut. This quantity will fill and ice a two-layer cake.

DATE FILLING

1 pound pitted dates.
Water to cover.

$\frac{1}{2}$ cup brown sugar.
 $1\frac{1}{2}$ tablespoons lemon juice.

Place dates in saucepan. Add water to cover and brown sugar. Simmer until soft, stirring often. Add lemon juice. Cool before using.

APPLE FILLING

2 medium size apples, pared and
grated.
 $\frac{3}{4}$ cup sugar.

2 tablespoons lemon juice.
Grated rind of 1 lemon.
2 egg yolks or 1 egg.

Combine apple, sugar, lemon juice and rind. Simmer together, uncovered, for 10 minutes. Add beaten egg (adding hot mixture to egg first) and cook 5 minutes longer or until thick. Cool and spread between layers.



THREE WAYS TO PRESENT A BUTTER CAKE

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C O N F E C T I O N S

CANDY-MAKING is an art which many people have accomplished but others find that their candies are hard and sugary—or sometimes they won't even harden. The reason for this is generally overcooking or in the case of not hardening—undercooking. That is why I recommend the use of a candy thermometer because if you are going to make it very often it will actually be quite a saving in the long run.

There are certain rules in candy-making which we like to remember:

- (1) Do not allow the sugar mixture to boil until the sugar is all dissolved.
- (2) A steady boil—not a simmer—is necessary to thicken the mixture.
- (3) Do not stir—except very gently once in a while from the bottom—never from the sides.
- (4) Wrap a damp cloth around the tines of a fork and wipe down the sides of the kettle to prevent the sugar crystals from going back into the syrup.

MAPLE CREAM

2 cups brown sugar.
2 tablespoons corn syrup.
 $\frac{1}{2}$ cup milk.

$1\frac{1}{2}$ tablespoons butter.
 $\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{2}$ cup chopped nuts.

Combine all ingredients except vanilla and nuts. Stir and bring to the boil slowly. Boil to 248 degrees F. or to a firm (not hard) ball in cold water. Cool slightly, adding the vanilla. Beat until almost stiff, add nuts and turn on to a greased plate. Cool and mark in squares.

MEXICAN CREAM

2 cups brown sugar.
 $\frac{1}{2}$ cup maple syrup.
 $\frac{1}{2}$ cup top milk.
 $\frac{1}{4}$ teaspoon cream of tartar.

1 tablespoon butter.
1 teaspoon vanilla.
1 cup chopped nuts.

Mix together all ingredients except vanilla and nuts. Stir over low heat until sugar is dissolved. Cook until mixture will form a firm ball in cold water or 248 degrees F. Cool to lukewarm. Add vanilla and nuts, and beat until creamy. Drop in small mounds on wax paper or buttered surface or put into buttered pan and cut into squares.

NEVER-FAIL CHOCOLATE FUDGE

3 squares unsweetened chocolate.
 $1\frac{1}{3}$ cups (1 can) sweetened condensed milk.

2 tablespoons butter.
 $2\frac{1}{3}$ cups icing sugar.
 $2\frac{1}{2}$ teaspoons vanilla.

Grate chocolate into top of double boiler and melt over hot water. Slowly, add the condensed milk and stir and cook these together until thick. That will take nearly 7 minutes. Remove from heat and add the butter. Now gradually work in the icing sugar and the vanilla. Turn into greased pan to about 1-inch thickness. Chill in refrigerator until quite firm and cut into squares.

NOTE—1 cup chopped filberts makes this even better.

MY OWN FUDGE

2 cups granulated sugar.
1 tablespoon corn syrup.
1 cup rich milk.
 $\frac{1}{4}$ cup cocoa.

2 tablespoons butter.
10 marshmallows, finely cut.
 $\frac{1}{2}$ teaspoon vanilla.

Mix cocoa, sugar, syrup and milk in a saucepan. Bring to boil, stirring constantly until sugar is dissolved. Boil slowly over moderate flame, without stirring, until it forms a firm ball in cold water or to 248 degrees F. Remove from fire, add marshmallows, butter and vanilla. Cool to lukewarm and beat until creamy. Turn into greased dish. Mark in squares and chill.

CHOCOLATE MARSHMALLOW FUDGE

2 cups fine granulated sugar.
 $\frac{3}{4}$ cup top milk or light cream.
2 tablespoons corn syrup.
2 squares unsweetened chocolate.

$1\frac{1}{2}$ tablespoons butter.
1 teaspoon vanilla.
10 marshmallows, cut in quarters.

Combine sugar, cream, syrup and grated chocolate. Cook, stirring constantly until ingredients are melted. Boil, stirring occasionally to prevent burning, to 248 degrees F., or until a soft ball is formed when syrup is dropped in cold water. (It should be possible to lift the ball in the water). Remove from heat, add the butter. Cool to lukewarm, add the vanilla and beat until it begins to get thick, add the marshmallows and knead them in well with buttered hands. Pack into a buttered pan. Chill well, marking it in squares and placing a halved pecan on each square.

SOUR CREAM CHOCOLATE FUDGE

2 cups fine granulated sugar.
1 square (1 ounce) unsweetened chocolate.
1 cup sour cream (32 per cent.)

1 tablespoon butter.
1 teaspoon vanilla.
1 cup broken walnuts.

Cook sugar, chocolate and cream to a fairly firm ball in cold water or 248 degrees F. Remove from fire and add butter. Cool for a few minutes. Beat until mixture begins to stiffen, add the vanilla and nuts. Pour into a buttered loaf pan and mark into squares. Chill well.

CANDIED ORANGE PEEL

Rind of 2 oranges.
1 cup sugar.

$\frac{1}{2}$ cup orange water.

Remove the peel from oranges in quarters. Cook slowly in boiling water till tender, drain, reserve water for syrup. Scrape off white pulp, cut rind in thin strips. Make syrup of sugar and orange water. Boil 5 minutes, add rind, cook slowly until most of the syrup has evaporated. Lift the rind out, drain, roll in granulated sugar, or icing sugar.

SALTED NUTS

2 cups shelled nuts.
1 tablespoon salad oil.

1 tablespoon butter.
Salt.

Prepare nuts, heat salad oil and butter in frying pan. Drop in nuts, doing each kind separately, and stir until browned. Remove to an absorbent paper and sprinkle with salt.

CHRISTMAS PUFFS

1½ cups granulated sugar.
2 tablespoons corn syrup.
¼ cup water.
⅛ teaspoon salt.
¼ cup canned cherries, well drained.

¼ cup shredded cocoanut.
¼ cup chopped brazil nuts.
¼ teaspoon almond flavoring.
1 egg white, stiffly beaten.

Mix sugar, syrup, water and salt. Bring to boiling point, stirring until sugar is dissolved. After about 5 minutes' boiling add the cherries and cook until it forms a hard ball in cold water (265 degrees F.) Pour slowly over the stiffly beaten egg white, beating it all the time. Add remaining ingredients and beat until mixture will hold its shape. Drop on to waxed paper in spoonfuls and decorate, if you wish, with bits of cherries.

TURKISH MINT DELIGHT

3 tablespoons gelatine.
½ cup cold water.
2 cups granulated sugar.
½ cup hot water.
2 tablespoons lemon juice.

½ cup cold water.
⅛ teaspoon salt.
½ teaspoon peppermint.
½ teaspoon green coloring.

Soak gelatine in cold water for about 15 minutes. Place sugar and hot water in saucepan and bring to the boil. Add soaked gelatine and let simmer gently for 20 minutes. Remove from heat, add lemon juice and the last amount of water. Now add flavoring and coloring. Pour into a moistened pan (8 x 5). Chill well. Cut into small cubes and roll in icing sugar. Store in a cold, dry place.

BUTTERSCOTCH

1 cup corn syrup.
1 cup white sugar.

½ cup butter.

Combine ingredients and stir until it boils over low heat. Boil until it forms a hard ball (250 degrees F.) in cold water. Pour into buttered pan and when almost cold, mark into squares.

MOLASSES PULL TAFFY

2 cups brown sugar.
½ cup water.
⅛ teaspoon cream of tartar.
¼ cup light molasses.

2 tablespoons butter.
½ teaspoon vinegar.
1 teaspoon vanilla.
1½ cups chopped nuts.

Combine sugar, water and cream of tartar. Stir until sugar is dissolved and boil slowly for 15 minutes. Add molasses and butter. Stir well, boil to 310 degrees F. or till it cracks when dropped into cold water. Pour on to a buttered platter, add vinegar, vanilla and nuts. Fold over and over from end to end until cool enough to handle. Then pull with buttered fingers into strips. Cut into pieces with buttered scissors.

RUSSIAN TAFFY

2 cups brown sugar.
 $\frac{3}{4}$ cup corn syrup.
1 cup butter.

1 can sweetened condensed milk
($1\frac{1}{2}$ cups.)

Bring sugar, syrup and butter to the boil. Now add milk. Boil until it reaches the hard ball stage when dropped into cold water—265 degrees F. on thermometer (about $\frac{1}{2}$ hour). Stir constantly, as it burns readily. Place it on an asbestos mat if you have one. Turn into buttered plate and mark into squares. This is one of the best taffies I have ever tasted.

CHOCOLATE FRUIT DROPS

$\frac{1}{2}$ cup chopped pitted dates.
 $\frac{1}{2}$ cup chopped mixed peels.
 $\frac{1}{4}$ cup chopped candied cherries.
 $\frac{1}{2}$ cup chopped pecans.

$\frac{1}{2}$ cup chopped brazil nuts.
2 squares dipping chocolate.
 $\frac{1}{2}$ tablespoon orange juice.
1 tablespoon butter.

Chop nuts and fruit very finely. Melt the grated chocolate over hot water with the butter. Add the fruits and orange juice. Work together until well blended. Drop in spoonfuls into a dish of shredded cocoanut. Plate on waxed paper after coating with cocoanut, until firm.

SUGAR NUTS

1 cup granulated sugar.
 $\frac{1}{4}$ cup cream or top milk.
 $\frac{1}{4}$ cup water.

1 tablespoon butter.
 $\frac{1}{2}$ teaspoon salt.
1 cup whole shelled nuts.

Cook sugar, cream, water, salt and butter until they form a soft ball in cold water—238 degrees F. Add the nuts and continue to cook until it is brittle and hard when tried in cold water, 275 degrees F. Pour mixture into buttered dish to cool. Break into pieces for serving.

GLAZED FRUITS AND NUTS

2 cups granulated sugar.
1 cup boiling water.

1 tablespoon vinegar.

Combine ingredients and cook until a cracking sound is heard when dropped into cold water, or 310 degrees F. Remove from heat and stop boiling at once by placing in pan of cold water for a few seconds. Do not leave until cold as the syrup becomes too hard to work with. Set over warm water and dip clean dry nuts, grapes, dates, prunes, figs, cherries or pineapple, using a hat pin, tweezers or olive tongs as is most convenient to remove the material from the syrup after dipping. Place on waxed paper until they harden.

NOTE—The one thing about the recipe is, work quickly. Cook the mixture in the upper part of a double boiler so that you can set it into hot water when dipping the fruits and nuts.

SPICED NUTS

2 cups salted nuts.
1 teaspoon cinnamon.

$\frac{1}{4}$ teaspoon cloves.
 $\frac{1}{4}$ teaspoon nutmeg.

Purchase salted nuts, and warm in oven then turn them into a bowl. Sprinkle with the above spices mixed together.

POPCORN WITCHES

$\frac{2}{3}$ cup brown sugar.
 $\frac{2}{3}$ cup granulated sugar.
 $\frac{1}{4}$ cup light corn syrup.
1 tablespoon butter.

$\frac{1}{3}$ cup water.
 $\frac{1}{4}$ teaspoon salt.
3 quarts popcorn.

Combine all the ingredients except popcorn. Stir over low heat until sugar is dissolved. Cook, without stirring, to 242 degrees F. or until it forms a firm ball in cold water. Put popcorn through the coarse mincer, add syrup to popcorn, mixing it well through the mixture. Place over hot water so it does not harden. Mould popcorn into any shape you wish. Make some short fat witches and some tall, thin ones. Use small lollypops for the arms. Use a marshmallow, on which a face has been painted with melted chocolate, for the head, sticking it on with a toothpick. This recipe will make you about 12 or 15 witches, depending on the size you make them.

CRISPIE BALLS

$\frac{1}{2}$ cup corn syrup.
 $\frac{1}{2}$ cup molasses.
1 teaspoon vinegar.

2 tablespoons butter.
4 cups rice krispies.

Cook corn syrup, molasses, vinegar and butter together. Stir only enough to prevent burning. Cook until a firm ball is formed in cold water or to 245 degrees F. Pour this syrup over the krispies. Mix together. Rub hands with butter and form the mixture into balls—or pack into buttered tins.

NOTE—Puffed rice or wheat may be substituted.

TAFFY APPLES

2 cups granulated sugar.
 $\frac{1}{2}$ cup corn syrup.

1 cup boiling water.

Place all ingredients in top part of double boiler and boil over direct heat to 254 degrees F. or until it forms a hard brittle ball when dropped in cold water. Remove from direct heat and place over hot water in the lower part of the double boiler. Place whole red apples on wooden skewers (you can get them at a meat store) and dip apples quickly one at a time into the syrup. Place on heavy wax paper or a buttered platter to cool.

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SANDWICHES & TOASTS



THERE are all kinds of sandwiches and toasted things that are delightful to make and serve. For these a good bread of fine texture and flavor is essential. If the bread has a coarse texture, it will crumble as it is sliced.

Most bakers can now supply you with bread sliced to suit your requirements but if this is not possible then you should have a good bread knife with a serrated edge for the sole purpose of slicing bread. Do not use it for other purposes. For every day use unsliced bread is best as it will not dry out to the same extent. Crusts should be removed from sandwiches and toasts except for the informal occasions such as picnics.

Sandwich spreads should be moist, not wet, and for general use you can have some stored in the refrigerator ready to use for the emergency occasion. Season the sandwich well. Add a little lettuce or other salad green if the sandwich is to be served at once but forget it if you are allowing them to stand before serving.

The afternoon tea sandwich should be of thinner bread than the picnic sandwich and so you should try to govern the thickness of the bread to fit the occasion for which it is to be used.

Before toasting sandwiches, butter the outside of the sandwiches very lightly and you will find the flavor much improved.

Sandwiches for a large tea can be made the day before if they are stored carefully. Wrap them in groups of 6 whole sandwiches in wax paper and then place them in a large kettle lined with a damp, not wet, tea towel. Cover with another damp tea towel and place in a cool, damp place.

Sandwiches

DOUBLE PINWHEEL SANDWICH

1. Have one sandwich loaf of fresh white bread and one of fresh brown bread in corresponding size. The freshness of the bread governs the success of the sandwich.
2. Using a sharp knife, preferably a serrated-edged knife, cut very thin slices of the bread lengthwise off the loaves.
3. Place these in a dampened towel so they do not dry out.
4. Trim the crusts evenly off the slices.
5. Spread a white slice with soft butter, then with well creamed colored cheese spread.
6. Place a brown slice on top. Butter and spread with cheese.
7. Now take sweet gherkins and dry them well and place along one end of the bread.
8. Holding the edges well together, roll bread firmly around the gherkins jelly roll fashion. Roll quickly, and if it starts to crack, keep on rolling without hesitation, pressing the crack into place.
9. Wrap in wax paper and chill very well in the refrigerator.
10. Cut into $\frac{1}{3}$ -inch slices.

Now these can be varied by instead of all white or yellow cream cheese, use cheese which has been colored green, or use half of the cheese green and half of it pink and put the pink on the white bread and the green on the brown bread, or vice versa. Many variations can be worked out this way to make them work out with the color scheme of your afternoon tea table.

INDIVIDUAL SANDWICH LOAVES

16 slices bread in $\frac{1}{2}$ -inch slices.
1 cup egg filling.
1 cup ham filling.

1 cup chopped nut filling.
2 bars cream cheese.

Using a sandwich loaf, slice bread and butter well. Arrange 4 piles of bread of 4 slices each. Now, using $\frac{1}{4}$ cup of each filling in each pile, stack 1 slice of bread one on top of each other like a layer cake, having some of each filling in each pile. Remove crusts. Cut each square in half and ice all over with well-creamed cheese (use mayonnaise to make it spread). Garnish each loaf with chopped nuts or bits of green pepper, pimiento or olives. Serve well chilled on lettuce garnished with watercress. Serves 8.

RIBBON SANDWICHES

Cut slices of brown and white bread in $\frac{1}{2}$ -inch slices. Trim crusts and spread with butter. Pile alternately like a layer cake with a filling in between each slice. You can make them either 3 or 4 deckers and they are quite attractive when the alternating layers are of different colors of cheese. Chill well before slicing through the layers.

CHECKERBOARD SANDWICHES

1. Prepare ribbon sandwiches using 4 slices of bread and the colored cheeses or plain yellow cream cheese. Press these well together.
2. Now slice these down into $\frac{1}{2}$ -inch slices.
3. Take 3 slices and spread with butter and cheese, and pile up again as if for ribbon sandwiches, making sure to have the brown slice over the white so as to give a checkerboard appearance.
4. Wrap in wax paper and chill well.
5. Cut in $\frac{1}{2}$ -inch slices to serve.

OPEN FRUIT SANDWICHES

Cut green or white bread in $\frac{1}{3}$ -inch slices and butter. Cut into desired shapes with fancy cutters. Take a package of white cream cheese and beat with a little cream until soft. Now, then, have available strawberries, sliced canned pineapple, sliced canned peaches and maraschino cherries. Here are some patterns to start:

- (1) On rounds of bread arrange sections of pineapple—Maltese cross fashion, in the centre press a rosette of cheese through a pastry tube and top with a piece of cherry.
- (2) On crescent shapes of bread place a slice of canned peach and put on each end a piece of cherry as a garnish with a little fluting of cheese.
- (3) On star-shaped piece alternate the points with pieces of peach and pineapple and place a rosette of cheese in the centre—garnish with cherries.
- (4) On rounds arrange sliced strawberries around the edge with a garnish of cheese in the centre.
- (5) On heart-shaped pieces place a halved large strawberry in the centre and flute around the edge with cheese.

Other designs will come to you as you work with them. Color the cheese a pale green if you use white bread.

PEANUT ROLLS

Cut bread into very thin slices. Remove crusts and then spread with soft butter and cream cheese colored a pale green. Dip these slices in chopped salted peanuts and then roll up snugly with the nut side out. Roll toward an edge on which is a small amount of butter to hold the roll in place. Chill well before serving.

PIMIENTO AND SHRIMP ROLLS

Cut bread in very thin slices. Spread with very soft butter and remove the crusts. Spread with a paste made by mashing cleaned and drained shrimps, add salt, pepper and lemon juice with enough mayonnaise to make a paste. Place a strip of red pimiento along one end of the bread and roll up toward the other end. Press this end together firmly and chill well before using.

NOTE—Any of the other fish pastes may be substituted for the shrimp.

ASSORTED OPEN SANDWICHES

(1) Color white cream cheese a delicate shade of pink. Spread on bread. Cut in any desired shape. Now outline the edge with thinly sliced radishes.

(2) Lay a thinly sliced tomato on buttered round of bread and sprinkle with finely chopped green pepper:

(3) Slice cucumbers and soak in salted water colored green for 2 or 3 hours. Lay on squares of buttered bread and place a wee sprig of parsley at each corner and a slice of olive in the centre.

(4) Cut bread into oblong shapes and place a half of an olive to represent the pot of a plant with a sprig of parsley growing out of it. This can be a pot of shamrock if you are clever enough at arranging it.

(5) Cut bread into shamrock shapes and spread with cheese colored a pale green. Around the edge put a border of chopped green pepper or sweet relish or colored chopped almonds.

(6) Cut bread into rounds and spread with white cream cheese. In the centre place a small shamrock cut from a thin sheet of firmly set green gelatine.

(7) Cut bread into triangles and spread with white cream cheese. Dip the corners in chopped colored almonds.

OPEN CHEESE AND RED CURRANT JELLY SANDWICHES

Cut bread in $\frac{1}{2}$ -inch slices and then cut into heart shapes with a heart-shaped cutter. Spread with butter and around the edge put a border of softened cream cheese. In the centre arrange a mound of red currant jelly or any other red jelly that you may have in your fruit cellar. Chill well and serve as a garnish to your plate of sandwiches.

ASPARAGUS ROLLS

Cut bread in very thin slices. Butter and remove the crusts. Spread lightly with mayonnaise except at one end, where a good coating of butter should be left. Place a stalk of canned green asparagus on the end with mayonnaise. Roll tightly toward the end with the butter. Press this end in firmly so butter acts like a mucilage. Chill well before serving.

CELERY ROLLS

Prepare same as asparagus rolls using narrow strips of celery and spreading the bread with creamed cheese.

MOCK DEVILLED HAM SPREAD

3 tablespoons minute tapioca.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
 $\frac{1}{4}$ teaspoon mustard.
1 tablespoon vinegar.
1 cup hot water.

$\frac{1}{4}$ cup sweet or mustard pickle,
chopped.
1 tablespoon grated onion (if
desired).
 $\frac{1}{2}$ pound cooked ham, minced.

Combine tapioca, salt, pepper, mustard, vinegar and water. Cook in double boiler for 15 minutes or until tapioca is clear, stirring frequently. Combine remaining ingredients and add to tapioca mixture. Cool. Makes 2 cups filling.

NOTE—This will keep in the refrigerator.

HAM AND PEPPER RELISH SANDWICH

1 cup minced ham.
2 tablespoons pepper relish.

Mayonnaise or salad dressing.

Combine and use with white bread.

MINCED HAM AND GHERKIN SPREAD

2 cups minced ham.
 $\frac{1}{2}$ cup chopped gherkins.
 $\frac{1}{4}$ teaspoon dry mustard.

2 tablespoons chopped green
pepper.
Mayonnaise to moisten.

Combine all ingredients. Add a little grated onion if desired.

HAM AND CELERY SANDWICHES

1 cup minced ham.
 $\frac{1}{2}$ cup diced celery.
Mayonnaise.

1 teaspoon chopped chives OR
 $\frac{1}{2}$ teaspoon grated onion.
Salt and pepper.

Combine all ingredients making mixture moist enough to spread.
Use on white bread.

FAIRMONT HAM SPREAD

$\frac{1}{2}$ pound cooked ham, minced.
3 hard cooked eggs, minced.
2 whole pimientos, minced.
 $\frac{3}{4}$ cup finely diced celery.

1 teaspoon Worcestershire sauce.
1 teaspoon lemon juice.
Mayonnaise to moisten.

Combine all ingredients and mix into a paste-like spread. Do not have it dry. Add salt and pepper to taste. Spread between slices of buttered bread. Remove crusts if desired—leave on for picnic.

SPECIAL HAM SANDWICH SPREAD

2 cups minced cooked ham.
 $\frac{1}{2}$ cup finely diced celery.
 $\frac{1}{4}$ cup chopped pimiento.
 $\frac{1}{2}$ teaspoon dry mustard.

1 teaspoon lemon juice.
Salt to season.
Mayonnaise to spread.

Combine ingredients and spread between slices of bread.

HAM AND PEANUT SANDWICHES

1 cup minced ham.
1 cup chopped peanuts.

Mayonnaise.
1 teaspoon lemon juice.

Combine all ingredients and spread between slices of bread.
Good on either brown or white bread.

LAMB AND CUCUMBER SANDWICHES

6 slices cold lamb.
1 medium size cucumber, sliced.
Lettuce.

Mayonnaise.
12 slices buttered bread.

Arrange 1 slice of lamb and 2 or 3 slices of cucumber on a slice of bread. Top with lettuce, then another slice of bread spread with mayonnaise. Cut in half diagonally, trimming the crusts if desired.

MOCK BARBECUE SANDWICHES

Slice cold roast meat. Spread each slice with tomato catsup and place between 2 slices of bread. Cut into triangles and serve toasted.

VEAL AND CURRANT SANDWICH SPREAD

1 cup minced veal.
2 tablespoons diced celery.

1 tablespoon red currant jelly.
1½ tablespoons chopped almonds.

Combine ingredients and blend together well. Spread between buttered bread for sandwiches.

TONGUE AND JELLY SANDWICH

Sliced tongue.
Home-made mustard.

Red currant jelly.

Spread 1 slice of buttered bread with mustard and another slice with red currant jelly. Place thin slice of tongue between. Trim crusts. Cut in halves.

CORNED BEEF SANDWICH SPREAD

1 cup chopped corned beef.
¼ cup chopped sweet pickle.
Salt and pepper.

2 tablespoons catsup or chili
sauce.

Combine and spread between buttered bread.

CORNED BEEF SANDWICHES

1 cup diced, canned corned beef.
½ cup diced celery.

½ teaspoon horseradish.
Salad dressing or mayonnaise.

Combine all ingredients. Add pepper and salt if necessary. Spread between slices of buttered bread. Do not trim crusts if for a picnic.

CHIPPED BEEF AND CHEESE SANDWICH

1 cup thick canned tomatoes.
1 cup chipped beef (¼ pound).
¾ cup grated cheese.

¼ teaspoon mustard.
1 egg, lightly beaten.

Combine tomatoes, beef pulled into bits and cheese. Cook together for about 5 minutes or until cheese is all melted. Add egg and mustard and cook for another 2 minutes. Chill and spread between buttered bread. Serve plain or toasted. Garnish with parsley and serve for luncheon with a side salad.

COTTAGE CHEESE AND ANCHOVY SANDWICH

1 cup mashed cottage cheese.
2 teaspoons anchovy paste.

1 teaspoon horseradish.
1 teaspoon mayonnaise.

Cream all ingredients thoroughly together. Use between very thin slices of buttered bread. Extra mayonnaise and chopped lettuce add to the piquancy of the sandwich. Serve garnished with stuffed olives.

TASTY CHEESE SPREAD

1½ cups grated Cheddar cheese.
 3 tablespoons chopped sweet
 pickle.
 2 tablespoons chopped nuts.

1 teaspoon vinegar from pickles.
 Mayonnaise to moisten.
 Salt to season.

Combine ingredients and spread between brown bread.

GHOUL SANDWICH SPREAD

1 small bar yellow cream cheese.
 1 tablespoon mayonnaise.

½ cup finely chopped dates.
 2 tablespoons chopped nuts.

Cream cheese and mayonnaise together well. Add dates and nuts and spread on bread.

CHEESE AND OLIVE SANDWICH SPREAD

1 tablespoon granulated sugar.
 ¼ cup flour.
 ½ teaspoon salt.
 ½ teaspoon mustard.
 1 egg, slightly beaten.
 1 cup water.

2 tablespoons butter.
 1 teaspoon Worcestershire sauce.
 2 tablespoons vinegar.
 3 cups grated cheese.
 1 cup chopped stuffed olives.
 ½ cup chopped pimiento.

Combine dry ingredients. Add egg and mix well. Add water and butter. Cook together until thick and smooth. Add Worcestershire sauce and vinegar. Remove from heat, stir in the cheese, olives and pimiento. Pack in clean sterilized jars, cover and seal. Store in refrigerator. Makes about 2½ cups of filling.

CHEESE AND VEGETABLE SPREAD

2 tablespoons butter.
 2 tablespoons flour.
 2 teaspoons sugar.

¼ teaspoon salt.
 1 egg.
 1 cup water.

Melt butter in saucepan. Combine dry ingredients, blend in the well-beaten egg and water combined together. Cook, stirring constantly until thick. Remove from heat and add:

1 tablespoon butter.
 1½ teaspoons lemon juice.
 1 tablespoon vinegar.

½ teaspoon Worcestershire sauce.
 1 cup grated cheese.

Chill well and add:

¾ cup grated carrot.
 ½ cup diced celery.

¼ cup chopped pimiento.

Will make almost 1 pint filling. Good for toasted sandwiches also.

CHEESE RELISH SPREAD

1 small bar white cream cheese.
 1 tablespoon chopped pickle.
 1 tablespoon chopped green
 pepper.

2 tablespoons chopped celery.
 Salt.
 Mayonnaise to moisten.

Combine all ingredients. Use with brown or white bread.

CHEESE AND GINGER FILLING

1 bar white cream cheese.
2 tablespoons chopped candied
ginger.

2 tablespoons chopped walnuts.
1 teaspoon grated orange rind.
Mayonnaise to moisten.

Combine all ingredients. Use with brown bread.

CHICKEN AND ALMOND SPREAD

1 cup minced chicken.
 $\frac{1}{2}$ cup minced browned almonds.

2 tablespoons chopped celery.
 $\frac{1}{4}$ cup mayonnaise.

Combine, season to taste. (I use a little lemon juice as well.)

CHICKEN PECAN SANDWICHES

1 large can chicken.
 $\frac{1}{4}$ cup chopped pecans.

$\frac{1}{2}$ teaspoon lemon juice.
Salt and pepper.

Chop chicken, removing any surplus jelly. Add other ingredients with a little mayonnaise—too much will make mixture watery. Spread between slices of buttered bread. Trim crusts and cut. Garnish with parsley.

MOCK CHICKEN SANDWICHES

1 cup minced pork.
 $\frac{1}{2}$ cup shredded raw carrot.
1 tablespoon chopped sweet
pickle.

$\frac{1}{2}$ cup finely chopped celery.
2 tablespoons mayonnaise (more
to moisten if necessary).
Salt and pepper.

Combine all ingredients. Spread between slices of buttered white or brown bread. Trim crusts and cut. Serve garnished with parsley or watercress.

TOMATO AND BACON SANDWICH

3 tomatoes.
6 slices bacon.
Lettuce.

Mayonnaise, if desired.
12 slices bread.

Peel and slice tomatoes. Cook bacon, cutting the slices in half, drain on brown paper. Now on 6 slices of the buttered bread arrange a layer of sliced tomato, top with bacon and some shredded lettuce. Sprinkle lightly with salt and pepper. Spread the other slice of bread with mayonnaise, if desired, and place on the lettuce. Trim crusts if you wish. Cut diagonally in half to serve. These are very good when toasted.

Tomato Sandwich Variations:

- 1.—Sprinkle lightly with onion juice or chopped olives.
- 2.—Spread one side of bread with cream cheese softened with mayonnaise.
- 3.—Sprinkle with chopped nuts.

SANDWICH ROYAL

Spanish onion, sliced thin.
Orange, sliced thin.

Bologna, sliced thin.

Cut bread in $\frac{1}{4}$ -inch slices and spread with butter. On 1 slice place onion, then bologna and then orange. Top with another slice of bread. Cut in half. Trim crust if desired.

BET AND CHEESE FILLING

$\frac{1}{2}$ cup grated raw beets.
 $\frac{1}{2}$ teaspoon vinegar.
 $\frac{1}{4}$ teaspoon salt.

$\frac{1}{4}$ cup cottage cheese.
2 tablespoons chopped nuts.
Mayonnaise to moisten.

Combine beets, salt and vinegar. Let stand 10 minutes. Drain. Add cheese, nuts and a little mayonnaise. Use for open or double sandwiches.

CABBAGE AND NUT SANDWICH

1 cup finely shredded cabbage or
carrot.
 $\frac{1}{2}$ teaspoon lemon juice.

$\frac{1}{4}$ cup chopped almonds or
pecans.
Mayonnaise or salad dressing.

Combine ingredients. Delicious with whole wheat bread.

HALLOWE'EN SANDWICH SPREAD

1 cup grated carrot.
 $\frac{1}{2}$ cup chopped cooked prunes,
well drained.

$\frac{1}{4}$ cup chopped nuts.
 $\frac{1}{2}$ teaspoon lemon juice.
 $\frac{1}{8}$ teaspoon salt.

Combine all ingredients—being sure the prunes are well drained. Use this spread with brown bread.

CUCUMBER AND ALMOND SANDWICH

$\frac{1}{2}$ cup finely chopped cucumber.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ cup cottage cheese.

3 tablespoons chopped almonds.
1 tablespoon mayonnaise.

Sprinkle cucumber with salt. Allow to stand 5 minutes and drain. Combine cucumber with all other ingredients. Season with extra salt if necessary. Use for closed, regular sandwiches or on open face sandwiches garnished with pimiento.

EGG AND ALMOND SPREAD

3 hard-cooked eggs, chopped.
2 tablespoons chopped blanched
almonds.

2 tablespoons chopped pimiento.
Seasonings.
Mayonnaise to moisten.

Combine ingredients and use on brown or white bread.

EGG, ONION AND BACON SANDWICH

4 hard-cooked eggs, sliced.
1 Spanish onion, sliced.
12 slices crisply cooked bacon.

Lettuce.
Chili sauce.
12 slices buttered bread.

Place sliced egg on slice of bread, then a slice of onion. Now, 2 slices of bacon with some chili sauce. Top this with a leaf of lettuce, then another slice of bread.

EGG AND CUCUMBER SANDWICHES

2 hard-cooked eggs, chopped.
1 tablespoon chopped pickle.
3 tablespoons diced cucumber.

$\frac{1}{4}$ teaspoon grated onion.
Mayonnaise.

Sprinkle chopped vegetables with salt and allow to stand 15 minutes. Drain. Add eggs and sufficient mayonnaise to moisten. Makes about $\frac{3}{4}$ cup of filling.

DATE AND GINGER SPREAD

$\frac{1}{2}$ cup cooked dates.
1 teaspoon lemon juice.
Speck of salt.

2 tablespoons minced candied
ginger.

Combine and use with brown bread.

PEANUT BUTTER AND BACON FILLING

1 cup peanut butter.
1 tablespoon cream or dressing.

3 slices crisply cooked bacon,
chopped.

Combine all ingredients. Is particularly good with brown bread.

DATE AND PEANUT BUTTER SANDWICHES

$\frac{1}{2}$ cup chopped dates.
 $\frac{1}{2}$ cup peanut butter.
2 tablespoons cream or milk.

Brown bread.
Butter.

Beat the milk or cream into the peanut butter. Add dates. Mix well and spread between thin slices of bread.

BANANA SANDWICHES

Sliced bananas.
Lemon juice.
Mayonnaise.

Head lettuce.
Salt.
Brown bread.

Slice bananas lengthwise. Arrange on buttered bread, sprinkle with lemon juice (and chopped nuts if desired), now some shredded lettuce, salt, mayonnaise and top with slice of bread. Trim crusts and garnish with watercress.

BANANA AND ORANGE MARMALADE SANDWICH

1 large banana, finely chopped.
1 tablespoon chopped nuts.

1 tablespoon thick orange
marmalade.

Chop—do not mash—the banana. Combine with the marmalade and nuts and use with brown bread. The children will like this.

PRUNE AND WALNUT SANDWICHES

6 large cooked prunes, pitted.
3 tablespoons chopped walnuts.

Few grains salt.
 $\frac{1}{2}$ teaspoon lemon juice.

Chop prunes and add the finely chopped walnuts. Mix in salt and lemon juice and, if necessary, prune juice to make a spread. Use between thin slices of brown bread. Trim crusts and cut into triangles.

ORANGE HONEY SANDWICHES

$\frac{1}{2}$ cup soft butter.
 $\frac{1}{4}$ cup honey.

2 tablespoons grated orange rind.

Cream butter and honey together beating it into a cream. Add the orange rind. Chill slightly and spread between quite thin slices of bread. Remove crusts and cut into fingers. Chopped almonds may be added, if you wish.

PINEAPPLE BANANA SANDWICH

$\frac{1}{2}$ cup drained crushed pineapple.
1 large banana, crushed.

$\frac{1}{4}$ cup chopped almonds.
 $\frac{1}{2}$ teaspoon lemon juice.

Combine all ingredients and place between brown bread.

CHEESE SANDWICHES WITH DATE BREAD

Place 2 thin slices of buttered date bread together with plain white cream cheese or pineapple cream cheese. Cut in fingers and serve.

MARY PICKFORD'S SANDWICH SPREAD

$\frac{1}{2}$ cup dried apricots.
 $\frac{1}{4}$ cup crystallized ginger.

$\frac{1}{4}$ cup pecans.
Honey.

Rinse apricots, cover with cold water and allow to cook slowly until soft. Force through a coarse sieve—sweeten with honey and cook again until of consistency of jam. Cool. Meanwhile put ginger and nuts through medium knife of mincer. Add to the apricots. Use this mixture with brown bread or for a toasted rolled sandwich. Will keep well in covered container in refrigerator.

GINGER AND PECAN SANDWICHES

$\frac{1}{4}$ cup finely chopped preserved
ginger.
 $\frac{1}{4}$ cup finely chopped pecans.
 $\frac{1}{2}$ teaspoon lemon juice.

2 tablespoons thick orange
marmalade.
Few grains salt.

Combine all ingredients and use either between white or brown buttered bread. This is also good spread on saltine wafers. Remove crusts from bread for serving and cut into fingers or triangles.

HONEY, NUT, RAISIN AND CELERY SANDWICH

1 cup chopped nuts.
 $\frac{1}{2}$ cup chopped raisins.

$\frac{1}{2}$ cup chopped celery.
Honey to moisten.

Combine ingredients and blend well. Use with brown bread.

CHEESE AND OLIVE SANDWICH

1 small bar yellow cream cheese.
 $\frac{1}{2}$ cup chopped stuffed olives.

Mayonnaise.

Combine ingredients and use with brown bread.

SARDINE AND EGG SANDWICH SPREAD

1 can sardines, drained and
mashed.
4 hard-cooked eggs, finely
chopped.

2 tablespoons mayonnaise.
 $\frac{1}{2}$ teaspoon grated onion juice.
 $1\frac{1}{2}$ teaspoons lemon juice.

Blend all the ingredients well together. Spread between slices of buttered bread and add shredded lettuce for crispness.

WESTERN SANDWICHES

$\frac{1}{2}$ pound bacon, chopped.
2 medium size onions, chopped.

6 eggs.

Fry bacon, add onions and cook until tender. Stir in the eggs, and when set, place between slices of bread or serve on split rolls.

FRENCH HAM SANDWICH

8 slices stale bread.
4 slices cooked ham.
Mixed mustard.
1 egg.

$\frac{1}{4}$ teaspoon salt.
1 cup milk.
Butter.

Make a sandwich of ham, bread, butter and mustard. Beat egg slightly, add salt and milk. Grease a hot frying pan well with butter. Dip sandwiches in milk solution on both sides. Place in hot pan and brown. Put a dot of butter on upper side before turning to brown. Serve at once.

PEANUT BUTTER, BACON AND PICKLE TOASTED SANDWICHES

$\frac{1}{2}$ cup peanut butter.
3 slices broiled crisp bacon,
chopped.

2 tablespoons chopped sweet
pickle.
 $\frac{1}{8}$ teaspoon salt.

Combine all ingredients and spread between slices of buttered bread. Toast to a golden brown. Cut into triangles and serve hot.

CHEESE AND SARDINE SNACKS

Place a sardine, well drained, on a saltine biscuit. Sprinkle well with grated Cheddar cheese. Place under the broiler for 2 or 3 minutes until cheese melts. Serve hot.

DILL PICKLE AND CHEESE SNACKS

Place a slice of dill pickle on a round salted wafer. Cover with a slice of soft yellow cheese and place under broiler to melt the cheese—for 2 or 3 minutes. Serve hot.

CLUB SANDWICH (For 8)

Make 16 slices of toast (crusts off) in the broiler of your stove. Butter the pieces as they are done and place 2 buttered sides together in a covered container in the oven. Now have ready:

16 slices broiled breakfast bacon.
16 slices cold chicken.

16 slices tomato.
Lettuce.

Place 2 slices of bacon, then 2 slices of chicken and 2 slices tomato one on top of the other on 1 slice of toast. Spread the other slice with mayonnaise and place on top. Cut across diagonally. Garnish with olives and serve on lettuce.

CLUB SANDWICH DE LUXE

12 slices bread.
Sliced tomatoes.

12 slices broiled bacon.

Trim crusts from bread and toast. Make 6 sandwiches of toast with tomatoes and bacon as filling. Cut diagonally and pour over each the following sauce:

1 package soft cream cheese
(yellow).
 $\frac{1}{4}$ cup milk.
1 teaspoon Worcestershire sauce.

$\frac{1}{8}$ teaspoon dry mustard.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{4}$ teaspoon salt.

Combine above ingredients and cook in double boiler until smooth.

TOASTED BEAN SANDWICH

Toast bread on one side. Butter other side, spread with chili sauce. Mound with baked beans, then 2 slices of bacon, snipped along the edges so they will not curl. Place under broiling flame. Broil until bacon is crisp. Serve hot.

VEGETABLE CLUB SANDWICH

12 slices toast.
 $\frac{1}{4}$ cup chopped green pepper.
 $\frac{3}{4}$ cup shredded cabbage.

1 red apple, chopped.
1 small cucumber, sliced.
2 tomatoes, sliced.

Prepare toast and butter while hot. Have ready combined with mayonnaise the green pepper, cabbage and apple. Spread this on slice of toast. Cover with another slice of toast then with slices of tomato and cucumbers. Sprinkle with salt and pepper and spread with mayonnaise. Cover with toast. Cut cornerwise into 4, serve garnished with parsley and gherkins or olives.

CHEESE LOGS

Cut stale bread into long thick strips about 3 inches by $\frac{3}{4}$ inch by $\frac{3}{4}$ inch. Beat an egg slightly and add $\frac{1}{8}$ teaspoon salt and $\frac{1}{2}$ teaspoon Worcestershire sauce. Dip bread into this then roll into grated cheese. Place on buttered baking sheet and sprinkle with paprika. Brown in hot oven at 400 degrees F. until puffy.

HOT HAM AND CHEESE SANDWICH

12 slices bread.
6 thin slices ham.
6 thin slices cheese.
Prepared mustard.

$\frac{3}{4}$ cup milk.
1 egg.
 $\frac{1}{4}$ teaspoon salt.

Spread bread with butter. Place a slice of ham on each of 6 slices. Top with a slice of cheese. Spread with mustard and top with another slice of bread. Trim off crusts. Add milk to beaten egg and salt. Dip sandwich in the mixture and sauté in hot buttered pan until brown. Makes 6 sandwiches.

TOASTED CHEESE AND BACON SANDWICHES

2 tablespoons soft butter.
1 bar yellow cream cheese.
2 tablespoons chopped sweet pickle.

$\frac{1}{2}$ cup chopped crisp bacon.
 $\frac{1}{4}$ teaspoon dry mustard.
Dash of salt.

Mix all the ingredients together to make a soft paste. Spread between slices of unbuttered bread. Toast under a hot broiler or brown in a sandwich grill. Trim crusts before broiling if desired. Makes 6 sandwiches.

TOASTED LUNCHEON SANDWICH

12 slices bread.
1 bar yellow cream cheese.
2 tablespoons butter.

2 tablespoons pimiento.
Mayonnaise.
12 slices bacon.

Cut bread in $\frac{1}{2}$ -inch slices, combine cheese, butter and pimiento with mayonnaise. Spread on bread and make into 6 sandwiches. On each sandwich lay bacon cut to fit sandwich. Place on buttered baking sheet in hot oven at 400 degrees F. for 15 minutes or until bacon is cooked.

TOASTED BACON ROLLS

Order weiner rolls from your baker. Cut in half and toast on the inside and butter well. Now place 2 or 3 slices of cooked bacon and a slice of tomato in each roll and serve hot.

CHEESE DEVILS

2 cups grated cheese.
1 egg, lightly beaten.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{8}$ teaspoon paprika.

1 tablespoon Worcestershire sauce.
2 tablespoons soft butter.
Slices of bread.
Slices of bacon.

Combine the grated cheese, egg, seasonings and butter. Mix to a paste and spread on slices of bread, removing the crusts. Cut bread into triangles and place a piece of bacon on each triangle. Arrange on a buttered baking sheet and bake at 400 degrees F. until the bacon is done and the cheese mixture melted and slightly puffed.

TOASTED MUSHROOM AND ALMOND SANDWICHES

$\frac{1}{4}$ pound mushrooms.
 $\frac{1}{4}$ pound blanched almonds.

3 tablespoons butter.
Salt and pepper.

Peel and chop the mushrooms. Chop the blanched almonds. Place mushrooms and almonds in frying pan with butter and cook until mushrooms are tender. Chop mixture as fine as possible and season to taste. Spread between slices of bread and toast a golden brown. These may be made into rolls for afternoon tea if desired.

TOASTED TOMATO CHEESE SANDWICH

12 slices tomato.
4 thin slices loaf cheese.

Salt and pepper.
8 slices bread.

Butter bread and arrange a layer of sliced tomato and then a slice of cheese on the bread. Top with another slice of bread and toast to a golden brown.

TOASTED SAVORY SALMON SANDWICH

1½ tablespoons butter.
2 tablespoons flour.
¼ teaspoon salt.
⅛ teaspoon white pepper.
¾ cup milk.

1 cup flaked salmon.
1 tablespoon chopped capers.
½ cup grated cheese.
½ teaspoon Worcestershire sauce.

Melt butter and blend in the flour and seasonings. Add the other ingredients and spread between slices of buttered bread. Toast and serve hot with sweet pickles. Makes 6 sandwiches.

TOASTED SALMON AND CELERY SANDWICHES

1 small can red salmon.
¾ cup diced celery.
2 tablespoons chopped capers.

1 teaspoon condiment sauce.
2 tablespoons mayonnaise.
1½ teaspoons lemon juice.

Drain and flake salmon. Add the other ingredients. Blend together. Spread between slices of buttered bread. Remove crusts if desired and toast under a hot broiler or brown in a sandwich grill. Serve hot. Makes 6 large sandwiches.

CREAMED TUNA SANDWICH

2 tablespoons butter.
2 tablespoons flour.
½ teaspoon salt.
⅛ teaspoon pepper.

¾ cup milk.
1 cup tuna fish.
¾ cup diced celery.
2 tablespoons chopped pimiento.

Melt butter, blend in flour, salt and pepper. Add milk and cook until thick, then add remaining ingredients. Season more if desired. Cool and spread thickly between ½-inch slices of buttered bread. Trim crusts and place sandwiches under hot broiler. Serve garnished with pickles and parsley. Makes from 4 to 6 sandwiches.

DENVER CLUB SANDWICH

12 slices toast.
4 eggs.
2 tablespoons butter.
Salt and pepper.
Mayonnaise.
Sliced tomatoes.

1 tablespoon chopped onion.
1 tablespoon chopped green pepper.
Chopped sweet pickle.
8 crisply fried bacon slices.
Crisp lettuce.

Butter toast and keep warm. Scramble the eggs in the butter, season and spread on 4 slices of toast. Cover this with another slice spread with the mayonnaise and then a layer of sliced tomato, sprinkled with the green pepper and onion. Top with another slice of toast and spread with mayonnaise, then sprinkle with the chopped pickle. Place the strips of bacon and top with lettuce and another slice of toast. Cut in half diagonally and then in quarters if desired, using a sharp knife. If you have to saw through the sandwich you will either crush or drag it. Garnish with long fingers of dill pickle.

Toasts

CINNAMON TOAST

2 tablespoons butter.
2 tablespoons fruit sugar.

$\frac{1}{2}$ to 1 teaspoon cinnamon.
 $\frac{1}{4}$ teaspoon lemon juice.

Combine all ingredients and beat well. Spread on hot toast. If desired sprinkle with chopped nuts or cocoanut and run under the broiler for a few seconds only.

ORANGE TOAST

2 tablespoons butter.
 $\frac{1}{2}$ cup icing sugar.

Grated rind of small orange.
 $\frac{1}{2}$ teaspoon orange juice.

Beat all ingredients well together. Spread on very hot toast. Cut in fingers.

HONEY NUT TOAST

Prepare toast, remove crusts. Spread with:

2 tablespoons butter.
3 tablespoons honey.

2 tablespoons chopped nuts.

Cream these all together before spreading on toast. Will make spread for 4 slices of toast.

TOASTED PECAN MARMALADE ROLLS

Cut bread in thin slices. Trim off crusts. Spread well with soft butter, then with thick marmalade. Sprinkle with chopped pecans. Roll up either straight or cornerwise and fasten with toothpick. Toast under hot broiler and serve at once.

TOASTED CHEESE AND JELLY ROLL

Cut bread in $\frac{1}{4}$ -inch slices. Remove crusts. Spread with cream cheese, then with grape jelly or spiced grapes. Roll up as a jelly roll. Secure with a toothpick. Toast under broiling flame, turning to ensure even toasting. Remove toothpicks before serving. Serve hot.

CHEESE MALLOWS

Spread round salted soda wafers with softened yellow cream cheese. Top each with a $\frac{1}{2}$ marshmallow and place under broiler until marshmallow browns. Serve hot.

MELBA TOAST

Cut bread in $\frac{1}{8}$ -inch slices. Remove crusts. Now, cut in triangles. Arrange on a baking sheet or directly on the racks of the baking oven. Bake in a slow oven, 300 degrees F., for 15 minutes or until the bread is dry and an even golden color. Turn once during the baking. Make a quantity at a time and keep it on hand.

CROUSTADES

Cut bread in 2-inch slices. Remove crusts. If a small cream loaf has been used do not cut in half, but if larger loaf has been used, cut in half to make 2 rectangles. Now, with a pointed knife, outline a rectangle $\frac{1}{2}$ inch in from the edge. Cut out the centre to leave a case with walls and bottom $\frac{1}{2}$ -inch thick. Brush inside and out with melted butter. Place on a baking sheet in a moderate oven 350 degrees F. Bake until cases are brown and crisp. Use these in any way you would use patty shells.

CINNAMON SLICES

Cut bread into 2-inch slices. Remove crust. Cut each slice in 2 or 3, according to size of slice, to make rectangles. Spread all 4 sides of rectangles with very soft butter. Roll in following mixture:

1 cup brown sugar.

2 teaspoons cinnamon.

Place on broiler and toast on all 4 sides. Remove and cut in inch slices. Serve hot with butter.

BROILED TOMATO AND BACON SQUARES

6 slices bread, $\frac{1}{2}$ inch thick.
3 sliced and peeled tomatoes.

$\frac{1}{2}$ cup grated cheese.
12 slices bacon.

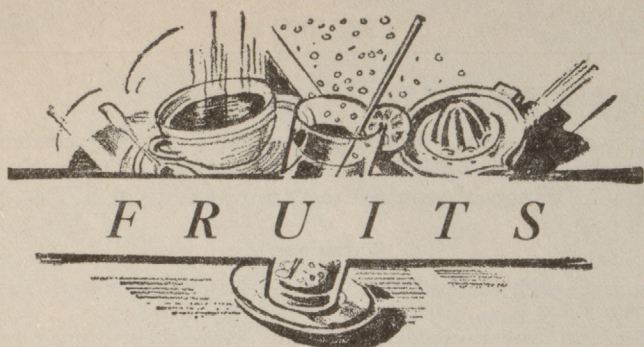
Cut bread and remove crusts. Spread with butter and place on a buttered baking sheet. Lay slices of tomato on the bread and sprinkle with salt and pepper. Sprinkle tomatoes with cheese. Lay strips of bacon across the top. Place in hot oven at 425 degrees F. until bacon is crisp. Serve on a hot plate garnished with parsley.

TOASTED CHEESE ROLLS

1 tablespoon butter.
2 teaspoons cornstarch.
 $\frac{1}{2}$ cup grated cheese.

$\frac{1}{2}$ cup top milk.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon dry mustard.

Combine all ingredients. Cook in double boiler until thick. Spread on rather thin slices of bread. Remove crusts. Roll up into small rolls. Secure with a toothpick. Brown under broiler.



FRUITS play a big part in the everyday diet since they are a big part of the protective food group. Every day there should be fruit taken in a fresh as well as a cooked form and this is particularly true of the diet for the growing child. Fruits should be eaten without additional sugar wherever possible and if you can sweeten them with either honey or brown sugar you will find these a little more healthful than too much white sugar.

Dried fruits are often soaked before cooking but a more simple method, and it keeps them more whole, is to put them on in plenty of water over a very low heat and let them cook gradually, adding the sugar when they are about ready to remove from the stove. Dried fruits can also be eaten without cooking along with nuts at the end of a meal and they should be given to children as a substitute for too many sweets.

Instead of cooking just all prunes or all apricots sometimes cook a little of each to make a mixed fruit compote. It offers interesting variation.

When you are cooking a whole meal in the oven at low temperature dried fruits may be placed in a covered container, unsoaked, but covered with water to cook and in this way save fuel. Sweeten after cooking.

Keep stewed fruits covered in the refrigerator so that there is no evaporation of moisture.

BAKED APPLES

Wipe and core apples. Place in greased pan. Fill centres with brown sugar, mixed with cinnamon, if desired. Dot with butter. Pour about $\frac{1}{8}$ inch of water into pan and bake at 375 degrees F. until tender.

Variations:

- 1.—Pack centre with chopped dates and nuts. Dot with butter. Baste with sugar syrup.
- 2.—Pack centre with sausage meat. Pare down about 1 inch from top. Partially bake, then pack top with sugar and baste lightly until tender and glazed.
- 3.—Stuff an apple prepared for baking with marmalade. Bake in customary fashion until tender. Top with a marshmallow and leave in oven until golden brown and melted.
- 4.—Pack centre with grated maple sugar and baste with maple syrup.

GLAZED APPLES

6 medium size apples.
 $1\frac{1}{2}$ cups granulated sugar.

$2\frac{1}{2}$ cups water.

Wipe and core apples. Pare about 1 inch down from stem end. Make a syrup of sugar and water in a shallow baking pan. Place apples in syrup, pared surface down. Cook about 5 minutes, simmering gently. Turn other side up and cook until tender but not broken. Place pan under broiler flame and baste apples with syrup in pan until well glazed.

APPLE CINNAMON COMPÔTE

4 large apples.
1 cup sugar.
 $\frac{3}{4}$ cup water.

$\frac{1}{2}$ cup broken cinnamon candy.
1 tablespoon lemon juice.
Pink vegetable coloring.

Peel apples. Cut in quarters and remove cores. Prepare a syrup of sugar, water and cinnamon candy. Add coloring if syrup is not desired shade of pink. Add apples and cook gently. Lift apples into sherbet glasses. Add lemon juice to syrup and pour over apples.

APPLE SAUCE

Wash firm apples, removing any bad spots. Cut in quarters, remove blossom ends and stems but do not peel. For every 4 apples add about $\frac{1}{2}$ cup water. Cover and allow to cook slowly for 20 to 30 minutes or until soft. Press through a coarse sieve and add about $\frac{1}{3}$ cup sugar for every 4 apples prepared. Reheat to boiling and chill before serving. Add lemon juice if the apples are old or flat in flavor.

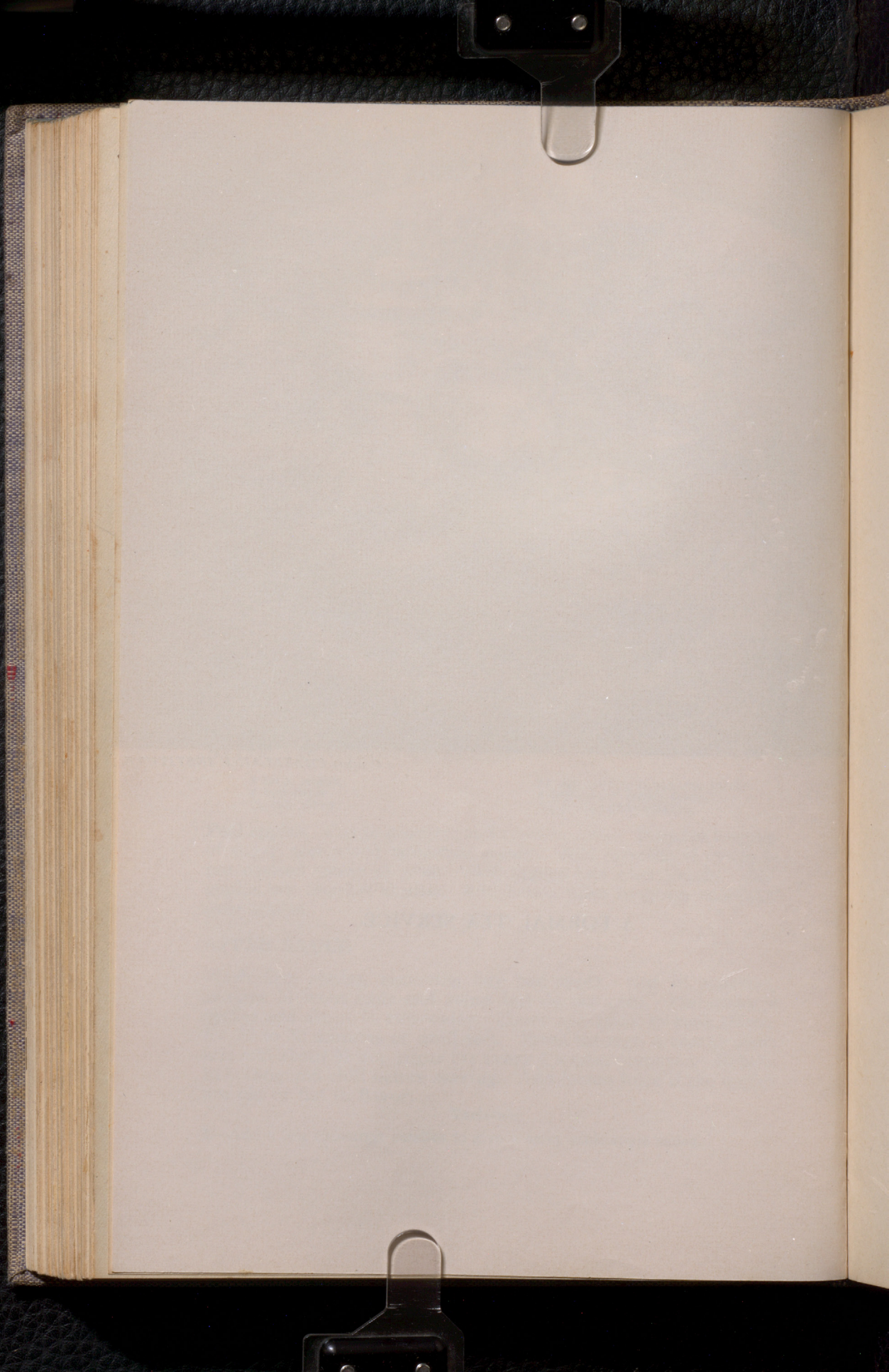
Variation:

- 1.—Add a few cinnamon candies to give a spicy pink apple sauce.



Courtesy CHATELAINE INSTITUTE.

A FORMAL TEA SERVICE



STEWED PRUNES

Allow 4 or 5 prunes for each serving. Wash well and cover with water. Soak over night at room temperature for 10 to 12 hours. Now, cook slowly—below boiling point—for 20 to 30 minutes or until the fruit is plump and tender. Add sugar if desired after cooking or sometimes honey is added to the hot prunes.

NOTE—For breakfast serve the cold prunes with orange juice poured over the top as a pleasant change.

STEWED DRIED APRICOTS

Allow about 6 for each serving. Place in a saucepan and cover with warm water. Leave to stand 10 minutes, then rinse and wash off well. Cover with fresh water and leave to soak at room temperature for 6 to 10 hours or over night. Cook slowly in water in which they were soaked until the fruit is plump and tender—about 20 minutes. Add sugar and cool. About $\frac{3}{4}$ cup of sugar is ample for 1 pound of apricots—use less if you do not enjoy sweet things.

BAKED DRIED FIGS

Use pulled figs, mission figs or bulk stewing figs. Allow about 4, according to size, for each serving. Wash thoroughly; place in casserole with a few thin slices of lemon. Cover with hot water, then cover dish, adding no sugar at all. Place in slow oven at 300 degrees F. for $1\frac{1}{2}$ to 2 hours, or until the figs are plump. Serve cold with cream—or these may also be served with orange juice.

ORANGES WITH MAPLE SYRUP

Remove sections from oranges and fill sherbet glasses. Over each dish pour about 1 tablespoon maple syrup and chill well before serving.

SCALLOPED RHUBARB

2 cups soft bread crumbs.
2 tablespoons butter.
3 cups diced rhubarb.

$\frac{1}{2}$ cup seedless raisins.
 $\frac{3}{4}$ cup granulated sugar.
2 tablespoons water.

Mix the crumbs and melted butter, and place $\frac{1}{3}$ in the bottom of a casserole. Cover with $\frac{1}{2}$ of rhubarb, sugar, water and raisins. Sprinkle with more crumbs, then the remaining fruit, etc. Top with remaining crumbs. Cover. Bake in a moderate oven 375 degrees F. for 30 minutes. Uncover and bake until rhubarb is tender and crumbs are browned. Delicious served either with cream or hard sauce. Serves 4 to 6.

RHUBARB SAUCE (1)

4 cups chopped fresh rhubarb.

1½ cups granulated sugar.

Combine rhubarb and sugar and leave to stand for 1 hour. Place over slow heat, covered. Bring to boil, uncover, and simmer gently until tender.

RHUBARB SAUCE (2)4 cups chopped fresh rhubarb.
½ cup water.

1 cup sugar (more if needed).

Combine rhubarb and water. Cover and bring to boil. Uncover and cook gently until tender. Add sugar and cook 1 minute longer.

ASSORTED FRUIT COMPÔTE1 cup pineapple juice.
½ cup sugar.
1 large apple, sectioned.
1 pear, sectioned.2 slices pineapple, cut in half.
4 soaked apricot halves.
4 soaked prunes.

Combine all ingredients and cook until tender in a covered pan at 300 degrees F. for 40 minutes. These may also be simmered gently on the top of the stove.

PEACH AND MELON COMPÔTE1½ cups diced peaches.
1½ cups diced melon.
1½ cups granulated sugar.
2¼ cups water.2 tablespoons ginger syrup.
2 tablespoons finely chopped ginger.

Prepare fruit. Make a syrup of sugar and water, when slightly thickened add the ginger and ginger syrup. Bring to boil and add peaches and melon. Simmer slowly until fruit is slightly transparent. Remove fruit to dish and cook the syrup till thickened. Pour over fruit. Chill well and serve topped with whipped cream. If desired, sprinkle with chopped nuts.

PEACH AND GRAPEFRUIT AMBROSIA2 cups diced peaches.
1 cup diced grapefruit sections.½ cup shredded cocoanut.
1½ tablespoons fruit sugar.

Combine all ingredients in a large bowl. Cover and place in refrigerator to chill thoroughly. Serve with or without whipped cream. Oranges may be substituted for the grapefruit if desired. Serves 6.

MELON AMBROSIA1 cup small melon balls.
1 cup sliced bananas.
1 cup sliced peaches.6 tablespoons sugar.
1 cup shredded cocoanut.
3 tablespoons orange juice.

Mix and chill. Serve in sherbet cups.

BAKED PEACH HALVES

6 large peaches.
6 tablespoons brown sugar.

2 tablespoons butter.
 $\frac{1}{2}$ cup hot water.

Peel peaches, cut in half and remove pits. Place $\frac{1}{2}$ tablespoon of sugar and a dot of butter in each half. Place in shallow baking dish. Add the water. Bake in oven at 375 degrees F. for 20 minutes or until tender. Serve with cream.

BANANAS BAKED WITH LEMON

4 bananas.
2 tablespoons melted butter.

$\frac{1}{3}$ cup fruit sugar.
2 tablespoons lemon juice.

Place the peeled bananas cut in half in a shallow baking dish and baste well with half of the mixture made by combining the other three ingredients. Bake for 20 minutes, with the other half of the mixture used for basting, at 300 degrees F.

PEARS AU GRATIN

6 halves canned pears (1 No. 2 can).

1 cup cornflake crumbs.
2 tablespoons butter.

Roll pears in cornflake crumbs. Place in pie plate and dot with butter. Bake in hot oven 400 degrees F. until crumbs are browned. Serve with ginger sauce.

CANNED PEARS WITH ORANGE

1 pint canned pears.

1 tablespoon grated orange rind.

Place drained pears in sherbet glasses. Heat juice to boiling. Add orange rind. Boil for 3 minutes. Pour over pears. Cool. Top with whipped cream.

STRAWBERRY AMBROSIA

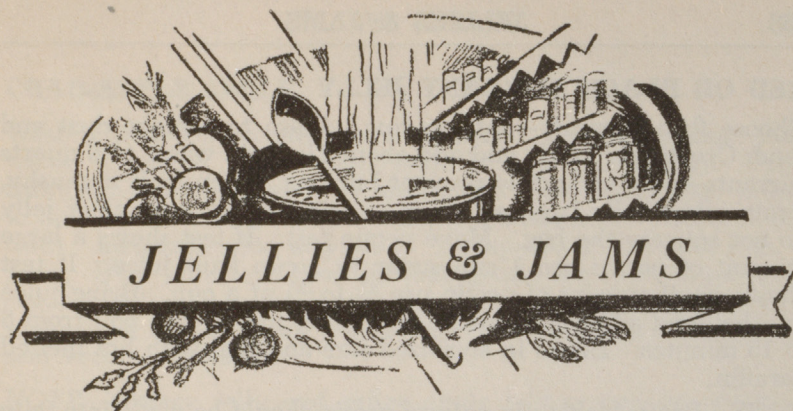
1 pint box strawberries, sliced.
1 cup orange sections.
3 tablespoons fruit sugar.

1 cup shredded cocoanut.
 $\frac{1}{16}$ teaspoon salt.

Combine all ingredients and chill well. Add more sugar if desired. Serve in sherbet glasses either with or without whipped cream.

FRESH PINEAPPLE

Cut top and bottom from pineapple. Now, using a sharp knife, slice off the skin from all over the pineapple. Pick out the eyes either with tweezers especially fitted for this purpose or with a grapefruit knife. Chop or dice as desired. Make a syrup of 1 to $1\frac{1}{2}$ cups sugar and $\frac{1}{3}$ cup water; bring to boil and pour over pineapple. Chill well before serving.



THERE should be no guess work to the making of good jams and jellies. Modern science has given us ways of having a perfect product without waste.

Commercial or liquid pectin is something that the modern-minded homemaker cannot afford to ignore. It has made it possible for us to make sparkling delicious jellies from fruits such as raspberries, ordinarily only used for jam. It is necessary with the use of pectin to follow the recipe in every detail exactly as the recipe states. If you do not have success it is no fault of the pectin or the recipes but the fault is yours.

Certain fruits such as currants, grapes and apples are rich in natural pectin and these are made either with or without the use of the commercial pectin. If you are not using the commercial pectin then I suggest that you follow the rules for testing the pectin content by using the Epsom Salts or Alcohol Test. It cuts down the possibility of a jelly not setting. The fruit that is over-ripe should not be used where you are relying entirely on the natural pectin to create a jelly. Jam and jelly jars should be carefully washed and then sterilized before using and the cellar in which the finished product is stored should not be too warm or the fruit will spoil.

The finished jam or jelly is ready for bottling when it is dropped on to a cold saucer and will hold its shape.

For a clear, crystal jelly it is advisable not to squeeze the jelly bag.

RED OR BLACK CURRANT JELLY

Choose firm currants—not too ripe. Wash to remove dust and sand. Crush into kettle and add about $1\frac{1}{2}$ cups water to 6 quarts currants—only enough to prevent burning. When fruit is mushy, strain into a jelly bag and allow to drip. For a very clear jelly do not squeeze the bag. Make pectin test. If test shows a large amount of pectin use 1 cup sugar to 1 cup fruit juice. If test shows small amount of pectin use $\frac{2}{3}$ to $\frac{3}{4}$ of a cup. Bring juice to a boil and add sugar gradually. Bring to boil and boil from 8 to 15 minutes. Bottle in sterilized jars and seal with hot melted paraffin.

NOTE—Fruits lacking in natural pectin should be made into jelly with the use of commercial pectin. Berries, peaches and pears are examples. The recipe calling for “liquid” or “commercial” pectin must be followed exactly.

GRAPE JELLY

Follow same routine as for currant jellies using grapes that are not too ripe. Ripe grapes may be made into jelly with the use of liquid pectin.

CHERRY JELLY

3 cups cherry juice.
 $6\frac{1}{2}$ cups sugar.

1 cup liquid pectin.
 $\frac{1}{4}$ teaspoon almond flavoring.

To prepare the juice, stem and crush about 3 pounds well-ripened cherries; do not remove the pits. Add $\frac{1}{2}$ cup water, cover and bring to boil. Boil 10 minutes. Pour into jelly bag and squeeze out juice. Measure sugar and juice into a large saucepan and mix together. Bring to boil over hottest fire. Add liquid pectin at once, stirring constantly. Then bring to a full rolling, bubbling boil. Boil hard $\frac{1}{2}$ minute. Remove from heat, add flavoring, skim and pour at once into sterilized jars. When cold, seal with hot paraffin.

STRAWBERRY OR RASPBERRY JELLY

4 cups berry juice.
 $7\frac{1}{2}$ cups granulated sugar.

1 cup liquid pectin.

To prepare juice, crush thoroughly 3 quarts well-ripened berries. Press through sieve and then strain through jelly bag. Measure sugar and juice into large saucepan. Mix well. Bring to a full boil over quick heat, and add pectin at once, stirring constantly. Now bring to a full rolling, bubbling boil, and boil hard for $\frac{1}{2}$ minute. Remove from heat and skim. Pour into sterilized jars. When cool, seal with hot paraffin. Makes about 10 glasses.

CRAB-APPLE JELLY

Wash apples, remove stems and blossoms. Cut into pieces. Add water to cover. Cook until fruit is soft and mushy. Press through a strainer, then pour juice into a flannel jelly bag. Allow to drip for several hours (overnight if possible). (Make pectin test.) Measure juice and allow $\frac{3}{4}$ cup sugar for each cup of juice. Heat juice to boiling and boil gently for 15 minutes. Add sugar. Boil 5 minutes longer or until jelly drops from a cold spoon in a sheet. Pour into hot sterilized glasses. When cool, seal with hot paraffin.

NOTE—Quince jelly and other apple jellies may be prepared according to the above method. They can be made with commercial pectin and should be if the fruit is over-ripe. The pectin content is low in over-ripe fruits.

ALCOHOL PECTIN TEST

To test for pectin with alcohol, measure 1 tablespoon of fruit juice into a dish and add 1 tablespoon alcohol. If a jelly-like mass forms immediately, a large amount of pectin is present and 1 cup of sugar to 1 cup of fruit juice should be used to make the jelly. If the juice forms into small flaky particles, there is a small amount of pectin and $\frac{2}{3}$ cup of sugar to 1 cup of juice is the right proportion. If the mixture remains unchanged in consistency, there is no pectin present and commercial pectin or the juice of some fruit known to be rich in pectin must be added.

QUINCE JELLY (With Pectin)

$4\frac{1}{2}$ cups quince juice.
 $7\frac{1}{2}$ cups granulated sugar.

$\frac{1}{2}$ cup liquid pectin.

Prepare juice by removing cores, blossom and stem ends from quinces. Do not peel. Mince finely and add $4\frac{1}{2}$ cups water. Simmer, covered, for 15 minutes. Place in jelly bag and allow to drip (over night). Measure juice and sugar into large kettle. Mix together well. Bring to boil over hot fire, add liquid pectin at once, stirring constantly. Again bring to full rolling boil and boil hard for $\frac{1}{2}$ minute. Remove from heat, skim and pour at once. Cover, when cool, with hot paraffin. Makes about 8 8-ounce glasses.

BLUEBERRY JELLY

4 cups blueberry juice.
7½ cups granulated sugar.

1 cup liquid pectin.
1 tablespoon lemon juice.

To prepare juice take about 3 quarts blueberries and crush well. Place in kettle, cover, and place on medium heat for 5 minutes, stirring often. Strain through sieve, then through jelly bag. Measure juice and sugar into large saucepan and mix well. Bring to boil over quick heat. At once add liquid pectin, stirring constantly. Bring to full, rolling boil and boil hard for ½ minute. Remove from heat, add lemon juice, skim and pour into sterilized jars. When cool cover with hot paraffin. Makes about 11 6-ounce jars.

EPSOM SALTS PECTIN TEST

To make the Epsom Salts Test, mix 1 tablespoon fruit juice, 1 teaspoon sugar and ½ tablespoon Epsom Salts. Stir until the salts are dissolved and then let stand 20 minutes. The jelly-like mass or the formation of flaky particles indicates the amount of sugar needed as stated in the Alcohol Pectin Test.

PINEAPPLE MINT JELLY

3 cups canned pineapple juice.
6 cups granulated sugar.

1 cup liquid pectin.
¼ teaspoon peppermint extract.

Use the unsweetened pineapple juice and measure into the preserving kettle with the sugar. Mix well together and while stirring constantly bring to a full, rolling boil. When it has reached a full, rolling boil add the liquid pectin, stirring it in well. Allow it to cook for ½ minute. Remove from the heat and add the flavoring. Stir and skim for ½ minute. Pour at once into sterilized jars. Seal with melted paraffin.

MINT STRAWBERRY JELLY

4 quarts ripe strawberries.
7 cups granulated sugar.

½ cup chopped mint.
1 cup liquid pectin.

Crush berries to a fine pulp and allow to drip in a jelly bag. Do not squeeze bag or cook the fruit. Measure juice to get 4 cups strawberry juice. Place in kettle with sugar. Add the mint, tied quite loosely in a cheesecloth bag. Stir a few minutes together, bruising the mint bag to extract as much flavor as possible. Now bring quickly to the full, rolling boil and boil for 2 minutes. Remove mint bag and take kettle from the fire. Add pectin at once, stir in quickly and skim. Pour quickly into hot, sterilized jars. Seal with hot paraffin when cool. Makes about 8 half-pint jars.

RED CURRANT JELLY (With Pectin)

5 cups red currant juice.
7 cups fine granulated sugar.

$\frac{1}{2}$ cup liquid pectin.

To prepare juice, crush about 4 pounds of fully ripened fruit. Add 1 cup water. Bring to boil, cover and simmer 10 minutes. Place in jelly bag and squeeze out juice. Measure sugar and juice into large kettle and mix well. Bring to a boil over strong heat, stirring constantly. As soon as it comes to the boil, add the liquid pectin, still stirring well. Bring to full rolling, vigorous boil and boil hard for $\frac{1}{2}$ minute. Remove from fire, skim and bottle quickly in sterilized jars. Cool and cover with hot melted paraffin. Makes about 10 or 11 jars of jelly (about 6 ounces each).

RHUBARB JELLY

$3\frac{1}{2}$ cups rhubarb juice.
 $7\frac{1}{2}$ cups fine granulated sugar.

1 cup liquid pectin.

To prepare juice, cut about 3 pounds of red rhubarb into 1-inch pieces. Put through a food chopper. Place fruit in jelly bag and squeeze out juice. Measure sugar and juice into a large saucepan and mix well. Bring to a boil over hot fire and at once add pectin, stirring constantly. Bring to a full rolling boil and boil hard for 1 minute. Remove from heat, skim and pour at once into sterilized jars. Seal with hot paraffin. Makes about 11 small jars.

GRAPE AND APPLE JELLY

2 pounds apples.
11 quarts grapes.

1 cup water.
Sugar.

Wash apples. Slice thinly without peeling. Wash, stem and mash grapes. Place together in large kettle. Add water. Cover and bring to boil. Cook until very soft and mushy. Press through a coarse sieve. Measure juice and put on to boil for 10 minutes. (Test for pectin). Add $\frac{3}{4}$ cup sugar for each cup of juice. Boil 5 minutes longer or until it jells. Test by dipping a cold metal spoon in mixture and if jelly falls in a clot it is ready to bottle. Bottle and seal in sterilized glasses. When cool, seal with hot paraffin.

NEW RHUBARB AND STRAWBERRY CONSERVE

1 pint diced rhubarb.
1 quart strawberries.

2 cups honey.

Combine all ingredients. Stir and bring to the boil. Boil for about 30 minutes or to a desired consistency. Bottle and seal in sterilized jars.

STRAWBERRY JAM (Overnight Method)

4 cups sliced strawberries.
6 cups sugar.

$\frac{1}{2}$ cup lemon juice.

Combine sugar and berries and allow to stand in preserving kettle or bowl. Next morning bring to a boil and boil for 5 minutes at a full boil. Add lemon juice and boil 3 minutes longer. Stir and skim for 5 minutes to prevent floating fruit. Pour into hot sterilized jars, allow to cool and cover with hot paraffin.

NOTE—Raspberries may be used in this way.

STRAWBERRY CONSERVE

$3\frac{1}{2}$ cups strawberries.
 $\frac{1}{2}$ cup seedless raisins.
2 teaspoons grated orange rind.

2 tablespoons lemon juice.
 $5\frac{1}{2}$ cups fine granulated sugar.
 $\frac{1}{2}$ cup liquid pectin.

Wash and hull berries and cut into pieces. Combine all ingredients except pectin. Bring to a full rolling boil over hot fire, stirring constantly. Boil hard for 1 minute. Remove from fire and stir in pectin. Stir and skim alternately for 5 minutes to prevent floating fruit. Pour at once into hot sterilized jars and seal with hot paraffin when cool. Makes about 6 half-pint jars.

STRAWBERRY AND PINEAPPLE JAM

2 cups crushed strawberries.
2 cups finely diced pineapple.

7 cups fine granulated sugar.
 $\frac{1}{2}$ cup liquid pectin.

Wash, hull and prepare berries. Pare and chop the pineapple quite finely. Measure into preserving kettle with the sugar. Mix well and bring to a full rolling boil over a very hot fire. Stir constantly. Boil hard for 5 minutes. Remove from heat and stir in the pectin. Stir and skim alternately for 5 minutes to prevent floating fruit. Pour into hot sterilized jars. Allow to cool and cover with hot paraffin. Will make 6 to 7 half-pint jars.

Variation:

1.—Add $\frac{3}{4}$ cup shredded blanched almonds.

GOOSEBERRY AND RASPBERRY JAM

2 quarts gooseberries.
2 quarts raspberries.

6 pounds granulated sugar.
1 quart water.

Remove stems and blossom buds off berries. If gooseberries are large, cut in half; add water. Cook until berries begin to soften. Now add raspberries and sugar and continue to cook, stirring often, until quite thick—about 45 minutes. Turn into sterilized glasses and seal with hot paraffin.

GOOSEBERRY CONSERVE

2½ quarts gooseberries.
1 pound seedless raisins.
6 cups granulated sugar.

1½ tablespoons grated orange
rind.
Juice of 3 oranges.

Wash and stem gooseberries. Add raisins, sugar, orange rind and juice. Allow to stand until sugar is dissolved. Stir and bring to the boil. Cook gently for about 65 minutes, or until thick. Pour into sterilized jars and seal when cold with hot paraffin. Makes 6 half-pint jars.

GOOSEBERRY AND CHERRY CONSERVE

2 cups ripe gooseberries.
2 cups pitted red cherries.
7 cups fine granulated sugar.

½ cup liquid pectin.
1 cup shredded almonds.

Put fruit through mincer. Measure and combine with sugar. Mix well, bring to a full rolling boil, stirring constantly. Add nuts. Boil hard 1 minute. Remove from fire, stir in pectin. Skim and stir for 1 minute. Bottle quickly. When cold, cover with hot paraffin.

CHERRY CONSERVE

4 cups prepared cherries.
¼ cup lemon juice.
¼ teaspoon almond extract.
1½ teaspoons grated lemon rind.

7 cups fine granulated sugar.
1 cup seedless raisins.
1 cup finely chopped nuts.
1 cup liquid pectin.

To prepare fruit take 2½ pounds cherries, remove pits, then crush well or chop. Add ½ cup water. Cover and bring to boil. Boil 15 minutes. Now measure all ingredients except pectin into large kettle. Place on stove and bring to boil, stirring constantly. Boil at full rolling, bubbling boil for 5 minutes. Remove from heat and add pectin. Skim and stir for 5 minutes to prevent fruit from floating. Pour into hot sterilized glasses, and when cool seal with hot paraffin. Makes about 9 8-ounce glasses.

RHUBARB CONSERVE

3 quarts diced rhubarb.
1 pound seedless raisins.
2 oranges.
1 cup water.

¼ pound blanched almonds,
shredded.
Sugar.

Prepare rhubarb, cut the oranges in quarters, then into thin slices. Combine rhubarb, raisins and oranges in kettle, add water, cover and bring slowly to the boil. Continue to cook slowly until the ingredients are tender and pulpy. Measure and add ¾ cup sugar for each cup of fruit. Cook until thick, about ½ hour. Add the shredded almonds and simmer gently for 15 minutes longer. Pour into hot sterilized jars and when cold seal with hot paraffin.

RASPBERRY AND CURRANT JAM

6 cups crushed red raspberries.
3 cups crushed red currants.

8 cups fine granulated sugar.

Measure and combine ingredients. Stir until well mixed. Allow to stand 2 hours, stirring frequently. Bring to boil, and boil 30 to 40 minutes, or to desired consistency.

GOOSEBERRY AND RED CURRANT JAM

2 cups crushed fully ripened
red currants.
2 cups crushed ripe gooseberries.

7½ cups granulated sugar.
½ cup liquid pectin.

Measure sugar and fruit into a preserving kettle and mix well. Bring to a full rolling boil, stirring constantly. Boil hard for 1 minute. Remove from fire and stir in pectin. Skim and stir for 2 minutes. Bottle in sterilized jars and seal with hot, melted paraffin. Makes about 9 8-ounce glasses.

JANUARY CONSERVE

1 cup chopped pears.
1 cup chopped apples.
1 cup drained crushed pineapple.
1 cup Sultana raisins.
½ cup shredded blanched almonds.

¼ cup chopped maraschino
cherries.
2 tablespoons lemon juice.
6 cups fine granulated sugar.
½ cup liquid pectin.

Prepare fruits and measure accurately. Add the sugar and the nuts and stir well together. Bring to a full rolling boil over a very hot fire, stirring constantly. Boil hard for 1 minute. Remove from heat and stir in the pectin. Stir and skim alternately for 5 minutes to prevent floating fruit. Pour into sterilized jars and cool before sealing with hot paraffin. Makes 6 to 7 8-ounce glasses.

ORIENTAL PINEAPPLE CONSERVE

1½ cups crushed pineapple.
½ cup mashed bananas.
¼ cup dates.
½ cup preserved ginger.

2 tablespoons ginger syrup.
3 cups sugar.
2 tablespoons lemon juice.
½ cup liquid pectin.

Measure the pineapple with its juice just as it comes from the can. Add bananas, chopped dates and ginger. Add ginger syrup, then sugar. Mix well. Bring to a full rolling boil. Boil hard for 2 minutes, stirring constantly. Remove from the stove and stir in lemon juice and pectin. Let stand, stirring and skimming alternately. Pour into hot sterilized glasses. Cool and cover with hot melted paraffin. Makes 2½ pints.

NOTE—This recipe and the January Conserve may be made in the winter.

PINEAPPLE AND ORANGE MARMALADE

3 oranges.
1 lemon.
2 cups fresh pineapple.

5 cups water.
3 cups sugar.

Slice oranges and lemon in very thin slices. Shred pineapple. Add water and allow to stand overnight. Cook for 1½ to 2 hours slowly. Add sugar. Cook to required consistency very slowly. Pour into sterilized jars and seal with hot paraffin.

PLAIN PEACH JAM

4 cups crushed peaches.
2 tablespoons lemon juice.

7½ cups fine granulated sugar.
1 cup liquid pectin.

Peel peaches and cut very finely. Measure into large kettle. Add lemon juice. Measure and add sugar. Stir constantly while bringing to a full rolling boil. Boil hard 1 minute. Remove kettle from fire, add pectin. Stir and skim alternately for 5 minutes. Bottle and seal with hot paraffin when cool.

PEACH CONSERVE

3½ cups crushed ripe peaches.
½ cup minced orange.
2 tablespoons lemon juice.

7½ cups fine granulated sugar.
1 cup shredded blanched almonds.
1 cup liquid pectin.

Peel peaches, chop very finely and measure carefully. Add minced orange and lemon juice. Measure sugar and stir in well. Bring to a full rolling boil over hottest fire. Stir constantly before and while boiling. Add nuts, boil hard for 1 minute. Remove from heat and stir in pectin. Allow to stand for 5 minutes before bottling, stirring and skimming alternately. This will prevent floating fruit. Bottle in hot sterilized jars. Cover with a clean towel or wax paper and allow to cool. Pour on hot paraffin, cover and store.

MARASCHINO PEAR MEDLEY

3½ cups minced ripe pears.
½ cup chopped maraschino cherries and juice.
2 tablespoons lemon juice.

2 tablespoons chopped candied ginger.
6¾ cups fine granulated sugar.
1 cup liquid pectin

Measure ingredients accurately. Combine the fruits and sugar. Stir together until sugar is well mixed and begins to dissolve. Place on fire and bring to a full rolling boil. Stir constantly while coming to the boil. Boil hard for 1 minute. Remove from heat and stir in pectin. Allow to stand for 5 minutes, stirring and skimming alternately to prevent fruit from floating. Pour quickly into sterilized jars. Cool and cover with hot paraffin. Makes about 8 8-ounce glasses.

RIPE PEAR JAM

4 cups chopped pears.
2 tablespoons lemon juice.

7½ cups fine granulated sugar.
1 cup liquid pectin.

Prepare fruit by peeling, removing cores and mincing very finely. Measure fruit and sugar into large kettle. Stir well to dissolve sugar. Bring to full rolling boil. Boil hard for 1 minute. Remove from fire and stir in liquid pectin. Stir and skim alternately for 5 minutes to prevent floating fruit. Pour at once into hot sterile jars. Cover with wax paper till cool. Cover with hot melted paraffin. Seal and store in fruit cellar.

PEAR AND GINGER JAM

3½ cups minced ripe pears.
¼ cup finely minced lemon.
7 cups fine granulated sugar.

¼ cup minced preserved ginger
and syrup.
1 cup liquid pectin.

Measure accurately and combine the fruits and sugar. Stir together until sugar is well mixed and begins to dissolve. Place on fire and bring to full rolling boil. Stir constantly while coming to the boil. Boil hard for 1 minute. Remove from heat and stir in pectin. Allow to stand for 5 minutes, stirring and skimming alternately to prevent fruit from floating. Pour quickly into sterilized jars. Cool—cover with hot paraffin. Makes 8 8-ounce glasses.

GINGER PEAR SLICES

4 pounds pears (9 cups).
4 pounds sugar (9 cups).
¾ cup water.

Juice and grated rind of 2
lemons.
2 ounces preserved ginger.

Select firm pears. Peel, remove cores, cut in quarters and slice thinly. Add water and sugar. Add grated rind and lemon juice. Simmer until pears change color to a pinky shade. Add ginger, very finely chopped. Cook 10 minutes longer. Bottle and seal.

TUTTI FRUTTI

Pour 1 pint of brandy into a stone jar and add the various fruits as they come on the market. For each pint of fruit add a pint of sugar and stir each morning until all the fruit has been added. Pineapple, strawberries, cherries, peaches, and apricots make a glorious mixture. Later you use them as garnishes for desserts and many other things.

FAVORITE CONSERVE

1 cup minced pears.
1 cup minced peaches.
1 cup crushed, well drained
pineapple.
 $\frac{1}{4}$ cup chopped maraschino
cherries.

1 cup sultana raisins.
1 cup shredded blanched
almonds.
2 tablespoons lemon juice.
5 cups fine granulated sugar.
 $\frac{1}{2}$ cup liquid pectin.

Prepare fruits, measure accurately and add sugar. Add nuts. Stir well together. Bring to full rolling boil over hot fire. Stir constantly before and while boiling. Boil hard for 1 minute. Remove from heat and stir in pectin. Stir and skim alternately for 5 minutes to prevent floating fruit. Pour into sterilized jars and cool before sealing with hot paraffin. Makes 6 to 7 8-ounce glasses.

NOTE—*This may be made in the winter with canned fruit.*

PLUM CONSERVE

3 cups chopped plums.
 $\frac{3}{4}$ cup seedless raisins.
 $\frac{1}{4}$ cup minced orange.
 $\frac{1}{2}$ cup water.

$7\frac{1}{2}$ cups granulated sugar.
 $\frac{1}{2}$ cup chopped nuts.
 $\frac{1}{2}$ cup liquid pectin.

Prepare plums by pitting, chopping well and pack into measuring cup. Measure all fruit and water into large kettle. Stir until it comes to boil. Cover and simmer slowly for 15 minutes. Add sugar, mix well, bring to full boil uncovered, stirring constantly. Boil hard 1 minute. Remove from heat, stir in pectin. Skim and pour at once. Cover with wax paper and allow to cool. Then pour hot paraffin on to fruit. Cover and seal. Store in a dry, dark, cool place.

RIPE GRAPE JAM

4 cups prepared grapes.
 $7\frac{1}{2}$ cups granulated sugar.

$\frac{1}{2}$ cup liquid pectin.

Prepare the fruit by slipping the skins from about 3 pounds grapes. Simmer pulp for 5 minutes, covered. Put through a sieve to remove seeds. Put skins through mincer and add to pulp. Add $\frac{1}{2}$ cup water. Simmer, covered, for 30 minutes. This makes the "prepared" grapes and is what you measure. Measure fruit and sugar into large kettle. Stir well. Bring to full boil, stirring constantly. Boil hard 1 minute. Remove from fire. Add pectin. Stir in and skim. Pour at once. When cool, cover with hot paraffin. Makes about 8 8-ounce glasses.

NOTE—*This makes about the best grape jam as the skins do not predominate.*

HARLEQUIN CONSERVE I.

12 peaches, chopped.
5 slices canned pineapple, cubed.
 $\frac{1}{2}$ pound white grapes, halved.
5 red plums, chopped.

$\frac{1}{2}$ large orange, thinly sliced.
 $\frac{1}{4}$ pound blanched almonds,
shredded.
Fine granulated sugar.

Prepare fruits, removing seeds and pits. Combine together and measure. Add $\frac{3}{4}$ cup sugar for each cup fruit. Boil 20 minutes, stirring constantly. Add nuts. Cook for another 10 to 15 minutes. Bottle and when cold seal with hot paraffin. Yields 8 8-ounce glasses.

HARLEQUIN CONSERVE II.

$1\frac{1}{2}$ cups chopped peaches.
1 cup diced canned pineapple.
 $\frac{3}{4}$ cup white grapes, halved and
seeded.
 $\frac{3}{4}$ cup diced red plums.

$\frac{1}{4}$ cup thinly sliced oranges.
 $\frac{1}{2}$ cup shredded almonds.
7 cups granulated sugar.
 $\frac{1}{2}$ cup liquid pectin.

Prepare fruits by peeling, chopping, removing pits and seeds. Measure accurately into a kettle. Cover and cook for 2 minutes. Add sugar. Bring to a full rolling boil. Uncover. Add the nuts. Stir constantly all the time. Boil hard for $1\frac{1}{2}$ minutes. Add the pectin. Skim and stir alternately for 5 minutes to prevent floating fruit. Pour into sterilized jars and seal with hot paraffin when cold. Makes about 8 8-ounce glasses.

CARROT MARMALADE

3 lemons.
1 orange.
Cooked carrots.

$6\frac{1}{2}$ cups granulated sugar.
 $\frac{1}{2}$ cup liquid pectin.

Grate rind from lemons and orange and squeeze out the juice. Add rind to juice. Measure, then add enough cooked carrots which have been put through the food chopper to make 4 cups of mixture. Add sugar and mix well. Stirring constantly, bring to a full rolling boil and boil hard for 5 minutes. Remove from fire and add pectin. Pour into sterilized jars. Seal with hot paraffin.

NOTE—For a spiced mixture you may add 1 teaspoon each of cloves, cinnamon and allspice.

HEAVENLY JAM

1 6-quart basket grapes.
 $1\frac{1}{2}$ cups seedless raisins.
 $\frac{1}{2}$ cup orange juice.

1 tablespoon grated orange rind.
9 cups granulated sugar.

Remove skins from the grapes. Cook pulp until soft enough to press through a sieve. Add skins and other ingredients to strained pulp. Boil until thick, stirring frequently (about 25 minutes). Pour into sterilized glasses and when cool seal with hot paraffin. Yields 6 to 7 8-ounce jars.

GRAPE AND PEAR JAM

2 pounds Concord grapes (5½ cups).
2 pounds pears, chopped (7 cups).

2 cups water.
8 cups granulated sugar.

Remove skins from grapes. Add 1 cup water to skins and 1 cup water to pulp. Cook separately until tender. Strain seeds from pulp. Combine pulp and skins, add pears and sugar. Cook until thick, about 1 hour. Pour into sterilized jars. When cool seal with hot paraffin. Yield 7 8-ounce jars.

NOTE—Wild blue grapes may be used in the above recipe.

AMBER MARMALADE

1 grapefruit.
1 orange.
1 lemon.

12 cups water.
10 cups fine granulated sugar.

Wipe fruit. Squeeze out juice, reserving the seeds. Cut the rind into the thinnest possible strips. Place in kettle or bowl with the juice. Add the water (11 cups) to the rind. Add the remaining cup to the seeds and leave all to stand overnight. Next morning add to the ingredients in the kettle the water from the seeds and the seeds tied in a bag. Boil together, uncovered, until the liquid has been reduced to half (about 1¼ hours). Remove seeds. Add sugar. Stir until dissolved. Bring to boil and boil until syrup will "jell" when dropped on a cold saucer and chilled (about 1 hour). Bottle and seal.

MRS. BRADBURY'S MARMALADE

6 bitter oranges.
1 lemon.

7 pounds fine granulated sugar.
5 pints water.

Wipe oranges and cut in quarters, squeeze out juice into bowl. Cut rind into very thin slices and put into bowl with juice. Prepare lemon in similar manner. Cover with the water and leave to stand overnight. Reserve seeds, pithy parts, etc., and cover with 1 cup boiling water and leave overnight. Next day add the water from the pithy parts and seeds to the water and skins. Now boil this until it is reduced to about half the amount (about 1 hour). Add sugar, stir until dissolved. Boil until it forms a "jell" when dropped on a cold saucer and chilled (about 1 hour). Bottle in sterilized jars.

NOTE—In making marmalades be sure the fruit is not over-ripe. When you boil the mixture for the first time after it has soaked overnight and before you add the sugar—do not boil it with a lid on the pot. This is a common mistake.



BECAUSE it is my personal belief that oven canning is the simplest method, there is a great stress laid on it in this chapter. With this method there is no extra equipment to prepare, such as we have when a boiler or regular canning equipment is used. Your oven is ready to use in the kitchen. A modern heat controlled gas or electric stove is preferred but if you have no heat control it is still possible.

When using an electric oven, do not use the top element at all, not even for pre-heating.

If you have no heat control on your oven, use the same slow oven you would for a heavy rich Christmas fruit cake.

The fruit should not boil rapidly in the jars, just the odd slow little bubble may be seen travelling up the jar. If it boils over, the oven is too hot, so place a pan of cold water in the oven to cool it down. It is not necessary to leave it in.

For any canning, perfect jars and perfect sterilization of them is essential. New rubbers must be used each year and any jars that are not absolutely air-tight should be used for other forms of preserving and pickling. Carelessness of method in canning is sure to lead to failure so follow all instructions carefully.

PREPARATION OF FRUITS

For raspberries, if the fruit is dusty, use a large kettle of water, dropping one box in at a time, just allowing them to float about, then lift them out carefully with your hands into the sterilized jars, shaking off as much water as possible. Handle carefully as fruit is soft.

Blueberries are merely picked over, washed and packed into sterilized jars.

Cherries may be pitted, or if you prefer, merely stemmed, and these are washed before you pit or stem them.

Plums are washed and stemmed then pricked with a fork to keep the skins from bursting in cooking.

Pears are peeled, cut in half, then cored, and dropped in acidulated water, that is, water to which a little lemon juice or vinegar has been added. This prevents discoloration.

Peaches are prepared by blanching to remove skins and pitted, if desired. These also may be dropped into acidulated water.

Gooseberries should be washed and the stems and blossom ends removed.

GENERAL METHOD FOR OVEN CANNING

Test jars for leakage and wash in hot water.

Sterilize jars, glass and screw tops by placing them in kettle, covering with cold water and heating gradually to boiling. Boil 20 minutes.

Select firm fresh fruit as uniform in size as possible. Wash in cold water. Blanch, if necessary, by placing a small amount of the fruit in a wire basket or cheesecloth bag and immerse in boiling water for the required length of time, then cold dip.

Place fruit in sterilized jars. Fill with boiling syrup to within $\frac{1}{2}$ inch of top. Put on new rubbers which have been dipped in boiling water, then the glass and screw tops. Screw down tightly and then loosen back one turn to allow for expansion.

Place about $1\frac{1}{2}$ inches apart on the rack in an oven at 275 degrees F. for the required length of time. (See time table).

Allow to cool in the oven, remove and screw the tops down tightly. Invert jars.

Store in a clean, well-aired, dry, cool place—50 to 60 degrees F.

NOTE—Do not under any circumstances open the jars to fill with syrup.

CHART FOR OVEN CANNING

Fruit	Syrup	Temp.	Time	
			Pt. Jars	Qt. Jars
Blueberries	very thin syrup	275° F.	25 mins.	45 mins.
Strawberries				
Blackberries				
Raspberries				
Gooseberries	medium syrup	275° F.	30 "	55 "
Thimbleberries				
Sweet Cherries				
Sour Cherries				
Pineapple	thin syrup	275° F.	35 "	60 "
Peaches, Pears,				
Sweet Plums				
Sour Plums				

OVEN CANNED PINEAPPLE

Test jars for leakage. Place in kettle and sterilize thoroughly. Prepare fruit either in dice or thin $\frac{1}{2}$ slices as desired, being sure to omit any soft or over-ripe fruit. Place fruit in hot sterilized jars. Fill with boiling syrup to within $\frac{1}{2}$ -inch of the top. Place on new sterilized rubbers, then the glass tops and screw tops. Screw down tightly to make sure it fits, then loosen the top back one turn to allow for expansion. Place on rack in oven about $1\frac{1}{2}$ inches apart. Process at 275 degrees F. for 35 minutes for pint jars and 60 minutes for quart jars. If possible, allow jars to cool in oven until easy to handle, then screw tops down tightly and leave jars inverted for 24 hours. Store in a dry, well-aired, cool place.

SYRUPS FOR OVEN CANNING

Very Thin Syrup—1 cup sugar to 2 cups water, boil 5 minutes.

Thin Syrup—1 cup sugar to 1 cup water, boil 5 minutes.

Medium Syrup— $1\frac{1}{2}$ cups sugar to 1 cup water, boil 5 minutes.

Heavy Syrup—2 cups sugar to 1 cup water, boil 5 minutes.

NOTE—For small fruits allow about 1 cup syrup for each jar. For large fruits allow about $\frac{3}{4}$ cup syrup for each jar.

OVEN CANNED STRAWBERRIES (Special Method)

Wash and hull 3 pint boxes of strawberries. Cook them in a syrup of 3 cups sugar to 2 cups water for 7 minutes. Allow to stand in syrup overnight. Pack into hot sterilized jars on which new sterilized rubbers have been adjusted. Fill with syrup to within $\frac{1}{2}$ inch of top. Adjust glass and screw top loosely. Process in oven at 275 degrees F. for 25 minutes. Allow to cool in oven. Complete the seal on removal. Store in a dark, dry, cool place.

NOTE—This special method keeps the berries from fading and shrivelling.

OVEN CANNED RASPBERRIES

Pick over berries. Wash and drop in hot sterilized jars. Fill to within $\frac{1}{2}$ -inch of the top with medium syrup ($1\frac{1}{2}$ cups sugar to 1 cup water, boiled 5 minutes). Place on sterilized new rubber rings, then sterilized glass and screw tops. Screw down tightly, then loosen back one turn. Set on rack in oven, about $1\frac{1}{2}$ inches apart. Process at 275 degrees F. for 25 minutes for pint jars, and 45 minutes for quart jars. Do not use top element at all, even for preheating in an electric oven. When time is up, open door and allow jars to cool until easy to handle. Screw down tightly and invert jars for 24 hours. Store in a dark, dry, cool place.

CANNED RHUBARB

Wash fresh cut rhubarb and cut in 1-inch pieces. Cover with boiling water and leave for 1 minute. Drain well, rinse with cold water, and pack into well sterilized glass jars. Fill to within $\frac{1}{2}$ inch of the top with boiling medium syrup ($1\frac{1}{2}$ cups sugar to 1 cup boiling water). Adjust new sterilized rubbers. Cover with sterilized glass top and adjust screw top loosely. Process in oven at 275 degrees F. for 25 minutes (pints) or in hot water bath for 25 minutes. On removing, tighten tops, invert jars to cool and then store in dark, dry, cool place.

CANNED RHUBARB (For Pies)

There is no sugar and no cooking in this method. Sterilize jars, tops and new rubbers. Collect freshly gathered rhubarb, wash and cut in about $\frac{1}{2}$ -inch cubes. Partly fill jar and then with a clear smooth wooden press or spoon press the rhubarb into jar until the juice begins to flow. Continue to pack and press until jar is full to overflowing. Adjust rubbers and tops and seal tightly at once. Do only one jar at a time. Store in a dark, dry, cool place. This is delicious for fresh rhubarb pies in the winter.

CANNED BLUEBERRIES (For Pies)

Pick over berries. Pack into hot sterilized quart jars. Shake down well. Place jars in kettle or boiler of water, having a rack in the bottom. Cover with glass and screw top loosely. Sterilize for 10 minutes. Meanwhile, steam more berries in a colander or steamer on top of stove. Open jars in steamer and add more berries to fill each jar. Adjust sterilized glass top and screw rings. Seal loosely. Process another 30 minutes. Remove from water and adjust tops tightly. Store in dark, dry, cool place. Open and use as desired for pies, sweetening to suit your own taste.

PRESERVED PINEAPPLE (Open Kettle)

6 pounds pineapple, diced (12 cups approximately).

8 cups water.
3 pounds fine granulated sugar.

Pour water over the pineapple and bring to the boil. Boil 5 minutes. Now add the sugar, stirring constantly. Bring to the boil once more and cook about 10 minutes longer. Fill sterilized jars well to the top and put on sterilized new rubbers, then glass and screw tops. Screw down tightly. Let stand until cold and screw down tightly again, being sure the jars are air tight. Wipe jars free of all stickiness before storing.

NOTE—Any left-over syrup may be stored in refrigerator to use in cold drinks.

PRESERVED MINCED PINEAPPLE

Peel pineapples. Remove eyes and cores. Put through coarse knife of mincer. For each 3 cups of pineapple, measure 2 cups of sugar and $\frac{1}{2}$ cup water. Place over heat and gradually bring to the boil. Boil for 10 to 15 minutes and bottle in sterilized jars with new sterilized rubbers. Seal tightly. Store in a dark, dry, cool place.

CANNED PINEAPPLE (Without Cooking)

6 cups diced pineapple.
 $3\frac{1}{2}$ cups fine granulated sugar.

1 cup hot water.

Combine ingredients, mixing them well together in a large crock. Cover, stirring frequently, and leave to stand overnight. Next day, bottle in well sterilized jars. Seal tightly. Store in dry, well-aired, cool place.

This method is ideal for pineapple to be used for fruit cups and cocktails and has been known to keep for over 2 years.

CITRON PRESERVE

4 pounds citron (1 medium size).
3 pounds granulated sugar (7
cups)

2 ounces ginger root.
2 lemons, thinly sliced.
1½ cups hot water.

Peel and remove pithy parts from the citron. Cut into ½-inch cubes. Combine sugar and citron. Leave to stand overnight, stirring occasionally. Simmer, next day, until almost transparent (about 2 hours). Add ginger root which has been bruised and tied in a bag. Add slices of lemon and water and continue to cook until fruit is transparent. Remove ginger root. Bottle and seal while hot into hot, well-sterilized jars.

VEGETABLE MARROW AND GINGER PRESERVE

6 pounds vegetable marrow (1
very large or 2 medium).
6 pounds granulated sugar.

Juice and rind of 6 lemons.
2 ounces ginger root.
½ teaspoon cayenne pepper.

Peel marrows and remove all seeds. Dice into ¾-inch squares. Squeeze lemons and cut rinds into thin shreds. Combine all ingredients, having ginger root tied in a bag. Add 2 cups water. Stir to mix well. Allow to stand 24 hours until juice is covering mixture. Simmer until marrow is clear (about 1½ to 2 hours). Remove ginger bag when desired flavor is obtained. Bottle and seal into well sterilized jars while hot.

CHERRY PRESERVE

Wash cherries, remove stems and pits (pits may be left in). Prepare syrup, 2 cups sugar to 1 cup water, and boil 5 minutes. Add cherries and cook for 20 minutes. Pour into sterilized bottles and seal at once. For a 6-quart basket use about 10 cups sugar to 5 cups water. If sweet cherries are used, make the syrup 1½ cups sugar to 1 cup water.

PRESERVED PEACHES

Pick over peaches, blanch and remove skins, cut in half and remove the pits. Drop halves into acidulated water (1 teaspoon vinegar or lemon juice to each pint of water) to prevent discoloration. Prepare a syrup, using equal parts of sugar and water and bring to a boil for 5 minutes. Add peaches, and reduce heat to allow fruit to simmer gently. Cook until tender (about 15 minutes). Bottle while hot into hot sterilized jars. Seal quite tightly. Store in dark, dry, cool place.

NOTE—If the peaches are small they may be preserved whole and, if not, sometimes the pits may be cracked and cooked in the syrup. They lend an unusual flavor.

PLUM PRESERVE

Wash, and remove stems from plums. Prick with tines of a fork. Meanwhile prepare a syrup using equal parts sugar and water for sweet plums and $1\frac{1}{2}$ parts sugar to 1 part water for sour plums. Bring this to the boil for 5 minutes. Add plums. Boil rapidly. Cook until tender (this depends on type of plum used). Bottle while hot into hot sterilized jars. Seal very thoroughly. Store in cool, dark, airy place.

CANNED TOMATO JUICE

11 quarts tomatoes.

 $\frac{1}{4}$ cup salt.

Wipe tomatoes. Cut in pieces. Add salt. Stir well together. Allow to stand 1 hour. Drain off excess water. Heat to boiling. Cook for 20 minutes. Press through a sieve. Reheat to boiling. Pour into sterilized jars, adding 1 teaspoon salt and 1 teaspoon sugar for each quart jar.

This recipe is one you can season as you use it. For breakfast, the addition of some lemon juice adds considerable zest.

CANNED TOMATO JUICE COCKTAIL

11 quarts tomatoes.

 $\frac{1}{4}$ cup salt.

3 large onions, sliced.

1 sweet green pepper, chopped.

1 hot red pepper, chopped.

1 small bunch celery, chopped.

Wipe tomatoes. Cut in pieces. Add salt. Stir well. Leave to stand 1 hour. Drain off excess water. Add other ingredients and bring to boil. Boil for 20 minutes. Press through a sieve. Return to stove. Add 2 tablespoons sugar and 2 tablespoons salt. Boil 2 minutes. Bottle and seal tightly in well-sterilized containers.

OVEN CANNED TOMATOES

Select firm tomatoes of medium or small size. Wash. Using wire basket or cheesecloth bag, immerse in boiling water 1 to 3 minutes or until skins will slip off easily. Plunge at once into cold water. Pack carefully in hot sterilized jars. Add 1 teaspoon salt and 1 teaspoon sugar for each quart jar. Fill jars with boiling water or boiling strained tomato juice to within $\frac{1}{2}$ inch of top. Run sterilized spatula or knife down side of jar several times to allow air bubbles to escape. Place new sterilized rubber in position and screw top on tightly, then loosen back one turn. Put on rack in oven having jars about $1\frac{1}{2}$ inches apart. Process at 275 degrees F. for 35 minutes for pint jars and 45 minutes for quart jars. When cool, remove from oven and complete seal. Invert jars.

OVEN CANNED CARROTS

For each quart use:

1 pound carrots.
1 teaspoon salt.

1½ cups boiling water.

Wash young and tender carrots. Scrape, if desired. It is not necessary to scrape the very young carrots although some people prefer to have the outside skin removed before canning. The carrots may be cut lengthwise into quarters, sliced, or packed whole. If desired cut, they should be cut before they are put in the pan of water on the top of the stove to boil for 5 minutes. Pack the carrots loosely in the hot sterilized jars on which new sterilized rubbers have been adjusted. Add the salt and boiling water to within ½ inch of the top. Place in oven at 275 degrees F. for 2½ hours. At the end of this period remove from the oven, complete the seal, invert jars. Cool as rapidly as possible to preserve the color. Label and store in a dry, cool place.

OVEN CANNED BEETS

For each quart use:

10 or 12 whole young beets
(small).
1 pound to a quart, if sliced.

1 teaspoon salt.
Boiling water.

Wash the beets thoroughly. Put in a pan of boiling water and boil for 15 minutes. Dip in cold water to make the beets easier to handle. Remove the skins. Leave whole, or slice and pack into hot sterilized jars on which sterilized new rubbers have been adjusted. Add the salt and boiling water to fill the jar to within ½ inch of the top. Screw down tightly, then loosen one turn to allow for expansion. Place in oven at 275 degrees F. for 2½ hours. At the end of this period, remove them from the oven and complete the seal. Invert, and cool as rapidly as possible to preserve the color. Store in a cool dry place.

CANNED CHICKEN

Clean and wash fowl which have been killed at least 6 hours. Joint the chicken as for cooking. Spread out pieces so as to pack quickly into sterilized hot jars. First pack a drumstick, then a thigh, next place 2 wings. The neck portion goes in the centre of the jar with rib end down. Cover neck piece with back, spread white meat on top of back. Fit in remaining pieces to completely fill jar. Can the liver and giblets separately since the liver discolors and flavors. Add 2 level teaspoons salt to each quart jar. Place on sterilized rubber rings, glass tops and ring and partly seal. Process for 3 hours in hot water bath or in steam pressure for 16 minutes at 15 pounds. Remove and seal at once. Store in a cool, dark, dry place.

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PICKLING makes us think of autumn leaves, rugby games, the new fall hat and just heaps of other things, such as the kiddies going back to school, plans for corn roasts—in fact, summer's gone and fall has arrived.

Pickling is very gratifying, because after all the chopping and grating one has to do the results are usually worth while, and the spoilage is remarkably low. The spices, sugar and vinegar are all preservatives in their own right, but when combined make a very strong force against bacterial attacks.

A good grade of vinegar and fresh spices both go toward making the pickles of finer flavor. Of course, like old wines, pickles improve by aging so that the blend becomes perfect.

Some authorities say it is not necessary to sterilize jars for pickles. I may be too careful, but for the sake of a few extra minutes to sterilize the jars I prefer not to take any chances. I will grant you, I do not boil them as long as for canned fruit, but they are sterilized. Odd jars and imperfect jars may be all used for pickles and sealed with paraffin wax to keep them air-tight and free from dust.

DILL PICKLES

Put 1 tablespoon dill in bottom of quart jar. Wash small cucumbers and pack into jar. Add to each jar:

1 tablespoon salt.
3 tablespoons granulated sugar.

Hot vinegar to fill the jar.

Now place 1 teaspoon whole mixed spice on top. Seal closely. Leave to stand several weeks before using.

NOTE—Dill seed, by the way, may be purchased at some grocery stores and most drug stores.

SWEET GHERKINS

Wash 6 quarts small gherkins in warm water. Place in a crock and cover with a brine of the proportions $\frac{1}{2}$ cup salt to 1 quart water. Leave to stand 24 hours. Drain and cover with syrup of:

3 quarts white pickling vinegar.
6 cups granulated sugar.

5 tablespoons whole mixed
spices (tied in bag).

Boil this for 5 minutes before pouring on the gherkins. Leave stand for 24 hours. Drain off syrup. Add 2 cups more sugar. Bring to boil, pour over gherkins. Leave to stand closely covered for 7 days, then bottle in sterilized jars.

NOTE—One teaspoon powdered alum may be added to the brine.

PICKLED ONIONS

Peel silver onions with stainless steel knife. Prepare a boiling hot brine in the proportion of $\frac{1}{2}$ cup salt to 1 quart water and pour over the onions. Leave for 24 hours. Do this for 2 days, reheating the brine each time. After the third day, drain and cover with fresh cold water. Leave to stand 24 hours. Drain, pack into sterilized jars and to each pint jar, before sealing, add:

2 teaspoons granulated sugar.
3 chili peppers.

2 to 3 pieces bruised root ginger.
Cold vinegar to fill jar.

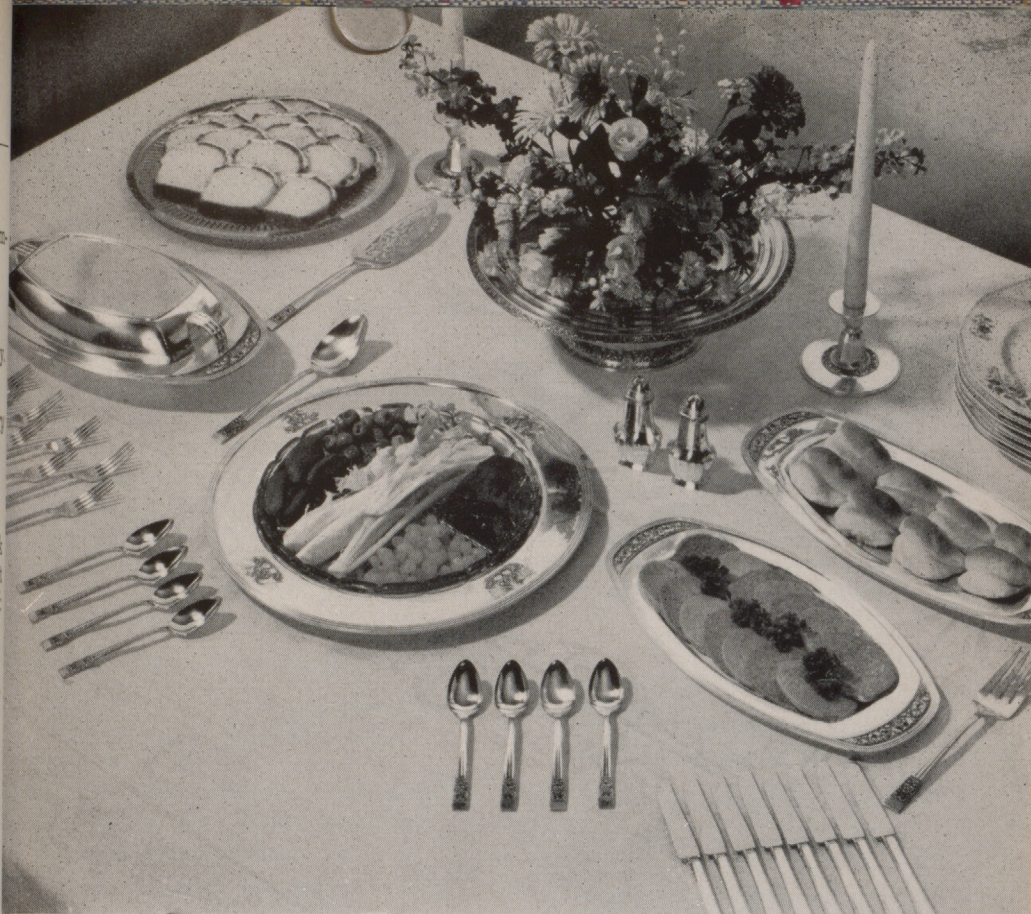
PICKLED GREEN TOMATOES

3 dozen small whole green
tomatoes.
2 pounds brown sugar.

2 sticks cinnamon.
 $1\frac{1}{2}$ pints diluted vinegar.
Whole cloves.

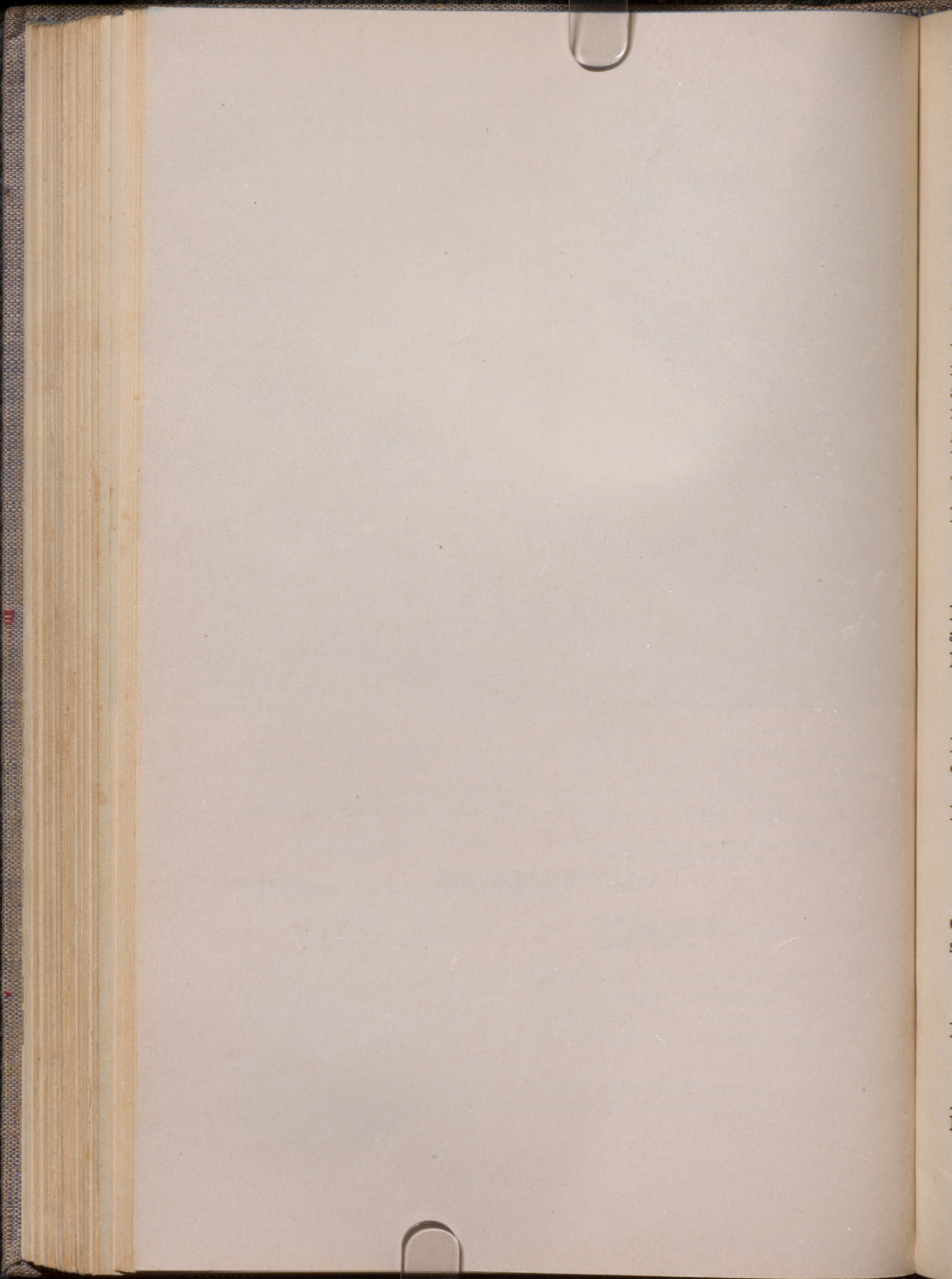
Cook tomatoes for 15 minutes in strong salt brine ($\frac{1}{2}$ cup salt to 1 quart water). Make a syrup of sugar, vinegar and cinnamon. Stick a whole clove in each tomato. Put tomatoes in syrup and bring to a boil. Cook slowly until syrup thickens, about 15 minutes. Bottle and seal.

NOTE—You will have a much nicer product if you take a little extra time to remove the skins from the tomatoes after cooking in the salt water.



Courtesy of the makers of COMMUNITY PLAT

A BUFFET SERVICE



NINE-DAY PICKLES

6 quarts cucumbers or gherkins.
 3 pints cider vinegar.
 4 pounds granulated sugar.

6 tablespoons whole mixed spices,
 (tied in a bag).

Wash cucumbers in warm water. Cut if too large. Cover with strong brine ($\frac{2}{3}$ cup salt to 1 quart water). Leave to stand 3 days. Pour off water. Add fresh cold water. Change daily for 3 days. Drain and simmer 1 to $1\frac{1}{2}$ hours in a very weak vinegar ($\frac{1}{4}$ cup vinegar to $\frac{3}{4}$ cup water), to which has been added 1 teaspoon powdered alum. Green vegetable coloring may be added if desired. Drain, put cucumbers into large crock. Prepare a syrup of vinegar and sugar (use $\frac{3}{4}$ cup vinegar to $\frac{1}{4}$ cup water for dilution) and spices. Boil for 5 minutes, then pour over the gherkins. Drain this syrup, re-heat to boiling and re-pour over the gherkins each day for 3 consecutive days. Bottle while hot on the third day.

BREAD AND BUTTER PICKLE

6 quarts small cucumbers, sliced,
 but not peeled.
 1 quart small onions, sliced.
 9 cups water.

1 cup salt.
 4 large sweet green peppers,
 diced.
 1 large sweet red pepper, diced.

Prepare vegetables and soak for 3 hours in brine made from salt and water. Drain and rinse.

Make a syrup of:

3 quarts white pickling vinegar.
 3 pounds granulated sugar.
 1 tablespoon turmeric.

1 teaspoon mustard seed.
 1 teaspoon celery seed.

Drop in drained vegetables and bring to boil then bottle immediately. Seal closely.

MRS. P's. MUSTARD CHOW-CHOW

1 quart cucumbers, finely
 chopped.
 1 quart cooking onions, finely
 chopped.
 1 bunch celery, diced.

6 red sweet peppers, diced.
 1 cauliflower, cut finely.
 1 quart gherkins, left whole.
 1 quart silver onions, left whole.

Cover with brine (1 quart water to $\frac{1}{2}$ cup salt) and leave to stand overnight. Drain well and add:

8 cups granulated sugar.
 7 cups cider vinegar.
 $\frac{1}{4}$ pound mustard seed.

2 teaspoons turmeric.
 2 teaspoons celery seed.

Bring this to a boil and add a paste made from:

1 cup flour.
 $\frac{1}{4}$ pound mustard.

1 cup vinegar.

Add slowly and stir until it boils and thickens. Bottle at once. Makes about 8 to 10 quarts.

PICKLED BEETS

Wash small beets, boil them in salted water until tender, about 45 minutes, plunge into cold water, remove skins. Pack beets into sterilized jars and cover with the following ingredients which have been boiled for 5 minutes:

2 quarts vinegar.
1½ cups water.
2 cups brown sugar.

½ teaspoon salt.
¼ cup mixed whole spices (tied in bag).

Seal tightly. This quantity is enough for an 11-quart basket.

WHOLE MUSTARD PICKLES

1 quart silver onions.
3 quarts small gherkins.
1 cauliflower.
½ teaspoon powdered alum.
2½ cups granulated sugar.

½ cup flour.
2 tablespoons turmeric.
2 tablespoons celery seed.
½ cup mustard.
1 quart cider vinegar.

Prepare vegetables by peeling onions, cutting cauliflower and gherkins in desired sizes. Put in brine (½ cup salt to 1 quart water) to soak overnight and to this add the alum. Next morning prepare a sauce from the other ingredients combined together and cooked until thick. Add vegetables and simmer for 15 minutes. Bottle and seal tightly. Makes 5 quarts.

MUSTARD BEANS

1 peck butter or green beans.
3 pints cider vinegar.
2½ pounds brown sugar.
1 cup mustard.

1 cup flour.
2 tablespoons turmeric.
2 tablespoons celery seed.
1 teaspoon salt.

Wash and nip beans. Cut into desired pieces. Cook in boiling salted water for 15 minutes. Drain. Combine other ingredients. Bring to boil, stirring constantly. When thickened pour over beans and bring to boil again. Cook 5 minutes. Bottle and seal.

MUSTARD CUCUMBER SLICES

1 dozen green cucumbers.

3 pounds small onions.

Peel and slice onions and cucumbers as for table use. Place in brine of ½ cup salt to 1 quart water. Allow to stand several hours. Drain and rinse in cold water. Meanwhile, prepare the following:

1½ quarts vinegar.
1 cup flour.
1 teaspoon mustard.
2 cups brown sugar.

1½ teaspoons celery seed.
1 teaspoon white pepper.
1 teaspoon turmeric.
½ teaspoon salt.

Mix dry ingredients and add vinegar. Bring to a boil and add drained vegetables. Boil all together for 5 minutes. Bottle and seal.

MUSTARD CHOW-CHOW

1 large head cabbage.
12 green tomatoes.
2 green peppers.

10 ripe cucumbers.
12 onions.

Prepare vegetables. Remove seeds from the cucumbers. Put through food chopper. Add 1 cup salt. Let stand overnight. Drain well. Add 1 quart cider vinegar. Boil for 20 minutes. Make a sauce of:

$\frac{1}{2}$ cup mustard.
2 tablespoons curry powder.
1 tablespoon turmeric.

6 cups brown sugar.
2 cups flour.
1 quart cold cider vinegar.

Add to other mixture. Bring to boil and boil for 15 minutes. Bottle and seal. Will make 6 to 8 large jars.

SALAD PICKLE

2 quarts chopped onions (8 cups).
1 quart chopped cucumbers (4 cups).
1 large cauliflower cut in small pieces (8 cups).
4 sweet green peppers, chopped (2 cups).
2 quarts cider vinegar.
8 cups granulated sugar.
1 cup flour.

1 ounce curry powder (4 tablespoons).
1 ounce turmeric powder (4 tablespoons).
1 ounce mustard (4 tablespoons).
2 ounces mustard seed (4 tablespoons).
1 ounce celery seed (2 tablespoons).

Place onions, cucumbers and cauliflower in separate dishes. Cover each with a brine using $\frac{1}{2}$ cup salt to 1 quart boiling water. Let stand overnight. Next day drain off brine. Combine vinegar, peppers, spices, sugar and flour which has been mixed with a little cold vinegar. Cook until thickened, then add vegetables. Boil 10 to 15 minutes. Pour into sterilized bottles and seal. Yield 6 to 8 pints.

CORN RELISH

12 ears of cooked yellow corn.
1 small cabbage.
2 large sweet red peppers.
1 head celery.
1 large onion.
1 large cucumber.
3 pints cider vinegar.

3 cups brown sugar.
 $\frac{1}{2}$ cup salt.
2 tablespoons celery seed.
2 tablespoons mustard seed.
 $\frac{1}{4}$ pound dry mustard.
3 tablespoons flour.
1 cup water.

Cut corn from the cob. Remove seeds from peppers and put through the mincer using a coarse knife. Mince also the cabbage, celery, onion and the cucumber which has been peeled. Add all the other ingredients except corn, mustard, flour and water. Boil the vegetables, spices and seasoning with the vinegar for 20 minutes. Add the corn, also the mustard, flour and water mixed together. Bring to boil. Boil 5 minutes. Bottle and seal while hot.

CORN AND BEAN RELISH

9 ears corn.
1 quart butter beans, diced.
1 small cabbage.
4 medium size onions.
2 sweet red peppers.
1 sweet green pepper.
3 tablespoons salt.

2½ cups granulated sugar.
½ cup flour.
1 tablespoon mustard.
2 teaspoons celery seed.
1 tablespoon turmeric.
1½ quarts cider vinegar.

Prepare beans. Cook beans and corn for 10 minutes. Cut corn from cobs. The day before chop cabbage, onions and peppers very finely. Sprinkle with salt and allow to stand overnight. Drain and combine with corn and beans. Make a sauce of other ingredients. Bring to boil, add vegetables. Boil 7 minutes. Bottle and seal.

LADY ROSS PICKLE

3 cups chopped cucumber.
2 cups whole gherkins.
2 cups chopped onion.
2 cups silverskin onions, peeled.
1 cup diced celery.

1½ cups chopped tart apple.
¼ cup chopped sweet red pepper.
4 cups granulated sugar.
¼ cup mustard seed.
3 cups diluted cider vinegar.

Combine cucumbers and onions, add brine (1 quart water to ½ cup salt) allow to stand overnight. Drain well. Wash. Add remaining ingredients. Bring to boiling point and add paste made of ⅓ cup flour, ½ cup mustard, 1 tablespoon turmeric, ½ cup water. Boil 3 minutes. Bottle and seal. Yield, approximately 5 pints.

CUCUMBER AND CELERY RELISH

4 cups finely chopped cucumber.
4 cups finely chopped celery.
¾ cup salt.
1 teaspoon white pepper.
2 cups vinegar.

½ cup fruit sugar.
¼ cup chopped onion.
½ cup chopped sweet green pepper.
⅛ teaspoon cayenne pepper.

Combine cucumber, celery and salt. Tie tightly into a cheesecloth bag and let drip overnight. Next day rinse in cold water several times. Add all the other ingredients. Bottle, without cooking, into sterilized jars. Seal tightly.

BEET AND CABBAGE RELISH

2 quarts chopped cooked beets.
1 quart chopped raw cabbage.
1 cup sugar.
1 teaspoon salt.

1 teaspoon black pepper.
½ teaspoon cayenne pepper.
¾ cup grated horseradish.
2 cups diluted vinegar (cold).

Combine all ingredients. Pack into sterile jars and seal tightly. Makes about 7 to 8 pint jars.

NOTE—If you desire a more spicy flavor, boil 2 tablespoons whole spices in vinegar. Strain and cool before adding to other ingredients.

DUTCH PICKLE

1 quart cucumbers.
1 small cabbage.
1 quart onions.
1 quart green tomatoes.
1 large cauliflower.
3 red sweet peppers.
8 cups cider vinegar.

2 cups granulated sugar.
1½ cups corn syrup.
½ cup corn starch.
½ cup salt.
½ cup mustard.
1 teaspoon turmeric.

Chop all vegetables finely. Cover with hot water and let stand 1 hour and then drain. Make a syrup of 7 cups of the vinegar, sugar and corn syrup. Heat to a boil. Mix cornstarch and seasonings to a paste with the remaining vinegar. Add to hot syrup, stirring constantly until thick. Pour over vegetables. Reheat to boiling and seal at once, without further cooking, in hot sterile jars. Makes 10 pints.

PICKLED RED CABBAGE

Shred cabbage or chop finely. Cover with salt and water (1 teaspoon salt to 1 pint water) and allow to stand 2 or 3 hours. Pack into sterilized jars, pint size, and add ½ teaspoon celery seed, 1 dried pepper pod and 1 teaspoon sugar to each jar. Cover with slightly diluted white vinegar and seal tightly.

GOVERNOR SAUCE

1 peck green tomatoes.
12 large onions.
1 cup salt.
1 quart vinegar.
3 pounds granulated sugar.

2 tablespoons mustard seed.
1 teaspoon ground mustard.
½ teaspoon nutmeg.
¼ teaspoon cayenne pepper.

Wash and slice green tomatoes. Peel and slice onions. Cover with salt and leave to stand overnight. Drain and add other ingredients. Bring to boil and boil 15 minutes. Bottle and seal in hot sterilized jars.

RHUBARB RELISH

2 pounds rhubarb (about 8 cups).
1 cup chopped onions.
½ pound seedless raisins.
½ pound pitted dates.
3 cups vinegar.

2 pounds brown sugar.
1½ tablespoons salt.
1 teaspoon ginger.
1 tablespoon chili peppers.

Chop rhubarb, combine dates and raisins and let stand in the vinegar for 1 hour. Now, add rhubarb and other ingredients. Cook slowly for 1½ hours until fairly thick. Turn into sterilized glasses and seal when cold with hot paraffin. The chili peppers may be tied in a bag if desired, also ½ cup chopped walnuts may be added for variation.

MINCED PINEAPPLE RELISH

2 cups chopped pineapple.
½ cup chopped green pepper.
1 cup raisins.
½ cup water.
2 cups brown sugar.

1 teaspoon salt.
1 teaspoon ground cinnamon.
1 teaspoon allspice berries.
½ teaspoon whole cloves.

Tie cloves and allspice in bag. Combine liquids, cinnamon, sugar and salt. Add spice bag. Bring all to boil. Boil 2 minutes. Remove spice bag. Add other ingredients. Simmer 5 minutes. Bottle and seal. Will yield 2 pints. Is delicious with cold meat.

WATERMELON PICKLE

4 pounds watermelon rind.
2 pounds light brown sugar.
1 pint cider vinegar.
2 tablespoons whole cinnamon.

1 tablespoon whole cloves.
1½ tablespoons whole allspice.
1 tablespoon whole ginger.

Pare watermelon rind. Cut in thick strips or cubes. Boil ½ ounce alum in ½ gallon water. Pour over rind and let stand in warm place for about 1½ hours. Drain. Chill in cold water. Make a syrup of vinegar, sugar and spices tied in cheesecloth bag. When boiling, add rind. Cook 40 minutes or until transparent. Place in sterilized jars and seal. Makes about 5 pints.

SPICED GRAPES

6 quarts Concord grapes.
3 large apples.
1 pint cider vinegar.
5 cups brown sugar.

½ teaspoon salt.
1 teaspoon ground cloves.
1 teaspoon ground allspice.
2 teaspoons ground cinnamon.

Skin grapes. Place pulp in saucepan. Cover and simmer for 5 minutes. Strain, combine with skins and apples which have been peeled and very finely chopped. Add other ingredients. Cook uncovered, stirring frequently, until thick, about 35 minutes. Pour into sterilized jars and seal.

PICKLED CHERRIES

Pack about 5 pounds cherries into pint jars, then prepare:
1 quart vinegar.
½ cup water.

2 pounds sugar.
1 tablespoon whole cloves.
1 tablespoon stick cinnamon.

Tie the spices in muslin bag and boil with other ingredients for 5 minutes. Cool slightly and pour over cherries. Seal at once.

CHERRY OLIVES

Wash large sweet cherries and leave stems and pits intact. Place in pint jars well sterilized. Add 1½ teaspoons salt and 2 tablespoons granulated sugar and fill up with white pickling vinegar. Seal at once.

SPICED GOOSEBERRIES

5 quarts gooseberries.
1 pint vinegar.
4 pounds granulated sugar.
1 tablespoon ground cinnamon.

$\frac{1}{2}$ teaspoon ground ginger.
1 teaspoon ground allspice.
 $\frac{1}{2}$ teaspoon ground cloves.

Cut stems and blossom ends off the gooseberries. Bring vinegar, sugar and spices to a boil. Add gooseberries and simmer gently for 20 minutes. Bottle and seal in sterilized jars. Delicious with cold meats.

PICKLED PEACHES OR PEARS

3 dozen small peaches OR
3 dozen small sickle pears.
2 pounds brown sugar.
 $1\frac{1}{2}$ pints cider vinegar.

2 sticks cinnamon.
1 pint water.
 $\frac{1}{2}$ teaspoon salt.
Whole cloves.

Peel the fruit. Do not remove pits or cores. Leave whole as possible. Combine sugar, vinegar, cinnamon, water and salt. Bring to boil. Add as many peaches or pears as the kettle will hold. Cook gently until tender then lift into sterilized jars. Cover with syrup and seal tightly. Add more fruit to syrup in pot and so continue until all are cooked.

NOTE—Plums may also be pickled by this method but be sure to prick the skins before adding.

SPICED RED TOMATOES

$3\frac{1}{2}$ dozen small ripe tomatoes,
peeled.
4 pounds brown sugar.
 $1\frac{1}{2}$ pints cider vinegar.

2 tablespoons stick cinnamon,
broken.
2 tablespoons whole cloves.

Make a syrup of sugar, vinegar and spices tied in cheesecloth. Add tomatoes, cook 8 to 10 minutes. Lift out tomatoes and spread on platters to cool, letting the syrup simmer very slowly. When tomatoes are cool, return to syrup and cook until tender (10 minutes). Lift out again. Boil syrup until thick (5 to 10 minutes). Pour over tomatoes and when cold seal in sterilized jars. Yield 4 pints.

SPICED STRAWBERRY RELISH

4 cups crushed strawberries.
 $\frac{1}{2}$ cup cider vinegar.
 $6\frac{1}{2}$ cups fine granulated sugar.
1 teaspoon ground cinnamon.

$\frac{1}{2}$ teaspoon ground cloves.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup liquid pectin.

Measure berries, vinegar, sugar, cinnamon, cloves and salt into kettle. Mix well together and bring to a full rolling boil. Stir constantly while coming to the boil. Boil hard for 1 minute. Remove from heat and add liquid pectin. Stir and skim for about 5 minutes. Bottle in sterilized jars and seal with hot paraffin. Makes 8 to 10 small jars of jam.

PLUM CHUTNEY

3 quarts plums.
 3 large apples.
 1 cup seeded raisins.
 1 teaspoon ground cloves.
 1 teaspoon ground cinnamon.
 1 teaspoon ground ginger.

1 teaspoon curry powder.
 1 teaspoon dry mustard.
 6¾ cups granulated sugar.
 ½ teaspoon salt.
 1 quart cider vinegar.

Remove pits from plums after wiping well. Wipe and chop apples. Combine with other ingredients in preserving kettle. Cook, uncovered, gently until thick (about 30 minutes) stirring frequently. Pour into sterilized jars. When cool, seal with hot paraffin. Yields 2 pints.

APPLE CHUTNEY

12 tart apples.
 3 sweet green peppers.
 1 large onion.

1 pint cider vinegar (diluted).
 ½ cup red currant jelly.

Chop apples, onion and peppers finely. Add the vinegar and jelly. Simmer, uncovered, for 1 hour, stirring frequently. Now add:

½ cup lemon juice.
 2½ cups granulated sugar.
 1 cup seeded raisins.

¼ teaspoon cayenne pepper.
 1 tablespoon ground ginger.
 1 tablespoon salt.

Stir all ingredients well together. Bring to boil and cook gently ½ hour longer or until thick. Pour into sterilized jars and seal with hot paraffin. Makes about 2 pint jars.

INDIAN CHUTNEY

12 tart apples.
 1 cup seeded raisins.
 1 teaspoon ground cloves.
 1 teaspoon cinnamon.
 1 teaspoon ginger.

1 teaspoon curry powder.
 1 teaspoon dry mustard.
 6¾ cups granulated sugar.
 ½ teaspoon salt.
 1 quart cider vinegar.

Wipe and chop apples. Combine with other ingredients in preserving kettle. Cook, uncovered, gently until thick (about 30 minutes) stirring frequently. Pour into sterilized jars. When cool, seal with hot paraffin. Yields 2 pints.

PEPPER RELISH

12 green peppers.
 12 red peppers.
 3 onions.

3 tablespoons salt.
 2 cups sugar.
 1 quart vinegar.

Wipe peppers, remove seeds. Skin onions, add to peppers. Put all through food chopper. Cover with boiling water. Let stand 10 minutes. Drain. Cover again and bring to a boil. Let stand 10 minutes. Drain again as dry as possible. Return to kettle, add sugar, salt and vinegar. Simmer 15 minutes. Bottle and seal.

JELLIED PEPPER RELISH

1 cup minced sweet red pepper.
1 cup minced sweet green pepper.

6½ cups sugar.
1½ cups cider vinegar.
1 cup liquid pectin.

Wash peppers, remove tongues, seeds and stems. Mince. Drain pulp, remove excess juice. Combine sugar, vinegar and peppers. Mix well. Bring to full rolling boil, stirring continuously. Boil hard 2 minutes. Remove from heat, add pectin. Stir and skim alternately for 5 minutes. Pour into sterilized jars, when cool, seal with hot paraffin. Yields about 5 8-ounce jars.

PEPPER SANDWICH FILLING

6 red sweet peppers.
6 red hot peppers.
6 chopped peaches (peeled).

3 lemons.
3 pounds white sugar (7 cups).
2 cups cider vinegar.

Mince peppers, removing stems and seeds, and cover with boiling water. Allow to stand 1 hour. Drain dry. Add peaches, sugar and rind of lemon tied in cheesecloth. Boil 15 minutes. Remove rinds, add lemon juice and vinegar and boil until mixture jellies. Use as a sandwich filling with cheese.

RED PEPPER JELLY

2 cups minced sweet red peppers.
5½ cups granulated sugar.

1 cup diluted vinegar.
¼ cup lemon juice.
1 cup liquid pectin.

Wash peppers, remove tongues, seeds and stems. Mince. Measure pulp and juice. Place peppers, sugar and vinegar in kettle, heat rapidly to boiling, stirring constantly. Remove from heat, strain, reheat to boiling, add lemon juice. Bring to full boil. Boil 2 minutes. Remove from heat, add pectin. Skim. Stir occasionally for 5 minutes. Pour into sterilized jars. When cool, seal with hot paraffin. Yields 1½ pints.

RED TOMATO CHILI SAUCE

16 large ripe tomatoes.
2 large onions.
4 sweet green peppers.
2 bunches celery.

2 tablespoons salt.
2 cups brown sugar.
4 tablespoons whole spices.
1 cup cider vinegar.

Wash and peel tomatoes. Remove seeds and tongues from peppers. Cut tomatoes. Dice onions, green peppers and celery. Place together in large preserving kettle. Add salt, then sugar and vinegar. Add spices tied in a cheesecloth bag. Cook slowly, uncovered, for 2 hours.

FRUIT CHILI SAUCE

25 ripe tomatoes.
5 peaches.
5 pears.
5 apples.
5 onions.
1 sweet red pepper, diced.

1 sweet green pepper, diced.
 $\frac{1}{2}$ cup whole spices.
 $1\frac{1}{2}$ tablespoons salt.
3 cups granulated sugar.
 $1\frac{1}{2}$ pints cider vinegar.

Peel all the fruits, tomatoes and onions. Cut up tomatoes and chop fruit rather finely. Mix well together. Add other ingredients having the spices tied in a cheesecloth bag. Cook for $1\frac{1}{2}$ to 2 hours or until thick. Yields 6 to 8 pints.

JUBILEE SAUCE

24 ripe tomatoes.
 $\frac{1}{2}$ cup salt.
2 large onions.
3 sweet green peppers.
1 cup granulated sugar.

1 cup malt vinegar.
2 tablespoons ground ginger.
2 tablespoons ground allspice.
2 tablespoons ground cinnamon.
2 teaspoons curry powder.

Wash tomatoes and cut in slices. Place in preserving kettle with the salt. Mix and allow to stand for $\frac{3}{4}$ hour. Drain off the water that will accumulate. Add all the other ingredients except the curry powder. Bring to the boil, reduce heat to medium and allow the mixture to simmer *uncovered*. Cook for 2 to 3 hours or until thick. Strain through a coarse sieve. Add the curry powder. Boil 5 minutes longer. Bottle and seal while hot.

TOMATO CATSUP

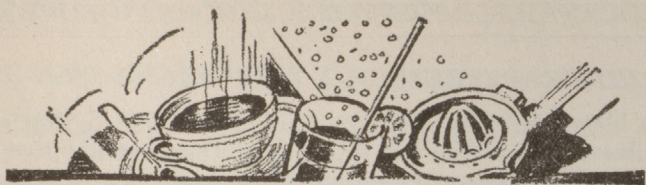
$\frac{1}{2}$ bushel ripe tomatoes.
 $\frac{1}{3}$ cup salt.
6 large onions.
1 large bunch celery.
1 small hot red pepper.
1 small piece root ginger.

1 tablespoon whole cloves.
1 tablespoon whole allspice.
3 tablespoons stick cinnamon.
4 cups brown sugar.
 $2\frac{1}{2}$ cups vinegar.

Wash and cut tomatoes, sprinkle with salt and allow to stand 2 to 3 hours. Drain off excess water. Add onions, peeled and sliced, chopped celery (use tops) and red pepper. Add spices tied in bag, sugar and vinegar. Bring to boil, reduce heat and simmer slowly for 1 hour. Remove from fire. Strain—pressing well through sieve. Return to heat and simmer 2 to $2\frac{1}{2}$ hours longer or until desired thickness. Bottle and seal.

NOTE—Remove spice bag when desired spiciness is obtained.

NOTE—To overcome long cooking and a tendency to wateriness both in chili sauce and in catsup, cut up the tomatoes and sprinkle them with the salt allowed in the recipe. Leave them to stand several hours. Drain off the excess water and proceed with your recipe.



COCKTAILS, APPETIZERS & HORS-D'OEUVRES



THIS is the course that is supposed to create the appetite for the rest of the meal in case it has not already been acquired. In other words it sets the pace for the rest of your meal so it must be attractive.

The fruit cocktail must be cold, not too sweet and served in a manner to appeal. The fruit must not be cut in such a way as to make it appear mushy and when possible some fruit should be included that has a definite tartness or crispness.

Fruit juice cocktails served well chilled with appetizers are a delicious beginning to a dinner as they can be served in the living room and in this way save the service of one course at the table. If you are maidless this is something to consider.

Sea food cocktails should always be served very well chilled and with a slice of lemon accompanying as well as the cocktail sauce.

There are many forms of appetizers and they should be served attractively garnished. If they are hot be sure that they are served hot and if they are cold then be certain that they are chilled without giving them a dried appearance.

BROILED GRAPEFRUIT

Choose large, juicy grapefruit. Cut in half and loosen sections in regular way, cutting the pith out of the centre. Just before using, sprinkle 2 teaspoons brown sugar over each half and place under a hot broiler for about 5 minutes. Serve hot.

GRAPEFRUIT AND SHERRY COCKTAIL

Remove grapefruit in sections and chill well, adding enough fruit sugar to sweeten slightly. Just before serving add 1 tablespoon of sherry to each cocktail glass of fruit. Serve very cold and garnish with a green mint cherry.

GRAPEFRUIT IN ORANGE JUICE

2 cups grapefruit sections.
2 tablespoons lemon juice.

1 cup orange juice.
2 tablespoons fruit sugar.

Combine all ingredients and place in refrigerator to chill.

GRAPEFRUIT AND ORANGE COCKTAIL

3 grapefruit.
 $\frac{3}{4}$ cup orange juice.
 $\frac{1}{8}$ teaspoon mint flavoring.

2 tablespoons fruit sugar.
Mint leaves.

Prepare grapefruit by cutting into sections. Place in a bowl with other ingredients except mint leaves. Cover and chill until ready to use. Arrange in sherbet glasses and garnish with a mint leaf.

GRAPEFRUIT WITH CRANBERRIES

$1\frac{1}{2}$ cups grapefruit sections.
2 tablespoons fruit sugar.

$\frac{1}{2}$ cup chopped fresh cranberries.

Combine all ingredients. Allow to stand and serve cold. This may be made the night before and kept ready for breakfast.

Canned grapefruit may also be used and in this case the sugar is omitted.

GRAPEFRUIT BASKETS

4 grapefruit.
1 cup diced pineapple.
 $1\frac{1}{2}$ cups grapefruit sections.

1 cup seeded white cherries
(canned).
4 tablespoons fruit sugar.

Cut grapefruit in halves. Remove grapefruit pulp and mix with the other fruits. Add sugar and chill (overnight if you wish). Notch edges of grapefruit with scissors. Refill grapefruit halves with pulp and serve well chilled on glass plates. Handles of the baskets for a very fussy luncheon for a bride or special guest can be made by wrapping bits of watercress around fine bits of wire and inserting one end into opposite sides of the grapefruit.

GRAPE AND GRAPEFRUIT COCKTAIL

2 cups green grapes.
 $\frac{1}{4}$ cup sugar.
 1 cup orange sections.

1 cup grapefruit sections.
 1 cup diced apple.
 1 cup diced canned pineapple.

Mash grapes and cook until soft. Press through a sieve. Add sugar and reheat till dissolved. Chill well, then add to the combined fruits. Garnish with whole grapes. Serves 6.

FRUIT COCKTAIL IN RED APPLE CUPS

6 bright red apples.
 1 cup grapefruit sections.

$\frac{1}{2}$ cup diced apple.
 1 can diced fruit cocktail.

Scoop out the inside of the apples after thoroughly washing and polishing them. Rub the inside of the apples with sliced lemon. Combine the other ingredients and chill well. Pile this mixture into the apples, topping with cherries you will find in the canned cocktail. Serves 6.

MINTED LIME COCKTAIL

1 cup peeled Malaga grapes, seeded.
 1 cup diced, canned or fresh pears.
 1 cup diced grapefruit.

$\frac{1}{2}$ cup lime juice.
 $1\frac{1}{2}$ tablespoons fruit sugar.

Combine all ingredients and leave to chill several hours in the refrigerator, or overnight if desired. Serve in cocktail glasses and garnish with green mint cherries.

PINEAPPLE MINT COCKTAIL

2 cups diced fresh pineapple.
 1 cup diced grapefruit sections.
 $1\frac{1}{2}$ tablespoons fruit sugar.

1 small bottle mint cherries
 (green).
 Juice from the cherries.

Combine all ingredients, having the cherries cut in halves. Now chill very thoroughly and serve in sherbet glasses.

MARASCHINO PINEAPPLE CUP

$2\frac{1}{2}$ cups fresh pineapple cubes.
 $\frac{1}{4}$ cup halved maraschino cherries.

2 tablespoons maraschino syrup.
 1 tablespoon liquid honey.

Combine all ingredients and place in refrigerator to chill. Serves 4.

COMBINATION COCKTAIL

1 cup pineapple cubes.
 1 cup whole strawberries.
 1 cup grapefruit sections.

2 tablespoons fruit sugar
 (if desired).
 1 tablespoon lemon juice.

Combine all ingredients and chill well before serving. Serves 5 to 6.

CANTELOUPE PINEAPPLE COCKTAIL

2 cups canteloupe balls.
1 cup diced pineapple.
 $\frac{1}{3}$ cup fruit sugar.

1 tablespoon lemon juice.
 $\frac{1}{2}$ cup orange juice.
 $\frac{1}{8}$ teaspoon salt.

Combine all ingredients and chill thoroughly in refrigerator. Pile in sherbet glasses and serve very cold. Garnish with emerelettes.

WATERMELON FIZZ COCKTAIL

3 cups watermelon balls or cubes.
 $\frac{1}{4}$ cup fruit sugar.

3 tablespoons lemon juice.
1 pint dry ginger ale.

Prepare balls by scooping out of watermelon and removing seeds. Sprinkle with fruit sugar and lemon juice. Cover and chill in refrigerator. When ready to serve, arrange in sherbet glasses and place on table. Just before guests arrive, pour ice cold ginger ale into each glass. Serves 6.

BON VOYAGE COCKTAIL

1 cup finely diced canned pears.
1 cup finely diced grapefruit.
1 package lime jelly powder.

$\frac{1}{4}$ cup chopped maraschino cherries.
2 cups hot water.

Place the diced sweetened fruit in the bottom of 8 sherbet glasses. Over this pour the partially set lime jelly made by combining the jelly powder and the hot water. If you have it partially set when you pour it on you will find that the jelly sets in the wave-like formation that you want to signify the little waves on which you are going to place your paper sail. After it is set, cut triangular shaped pieces from writing paper and through these insert a toothpick to portray the mast of the sail. This is then stuck into the jelly with a flag attached bearing the name of the guest who is to have that particular place.

PEAR AND CHERRY COCKTAIL

2 cups diced canned pears.
1 tablespoon lemon juice.
 $\frac{1}{2}$ cup pear syrup.

1 cup wild cherry jelly cubes.
Maraschino cherries.

Combine pears and lemon juice. Chill well. Color pear syrup green. Just before serving, combine all ingredients and pile in sherbet glasses. Top with red cherries.

NOTE—To make the wild cherry jelly cubes, we simply prepare a wild cherry jelly in the usual way. Pour it into a shallow pan. Allow it to set, then cut into cubes.

FRUIT APPETIZER

6 slices pineapple.
12 large strawberries.

3 large oranges, sectioned.

Place 1 slice of pineapple on each plate and cut through into 4 to 6 pieces. Now mound orange sections together on the sliced pineapple and around the edge arrange 4 halved strawberries as a garnish. Serve well chilled with a cocktail fork.

RED AND WHITE FRUIT CUP

1 cup diced fresh pears.
1½ cups halved berries.
¾ cup diced raw apples.

2 tablespoons fruit sugar.
1 tablespoon lemon juice.

Combine all ingredients. Chill well in the refrigerator. Serve in sherbet glasses garnished with a sprig of mint.

MARASCHINO HONEYDEW COCKTAIL

2 cups honeydew melon balls.
1 cup banana cubes.
½ cup fruit sugar.
1 tablespoon lemon juice.

1 tablespoon maraschino cherry
juice.
⅛ teaspoon salt.

Combine all ingredients. Chill in refrigerator. Pile in sherbet glasses and top with maraschino cherry. If banana is disliked by anyone, substitute pineapple cubes. Serves 6.

RAINBOW COCKTAIL

2 cups watermelon balls or cubes.
1 cup canteloupe balls or cubes.
1 cup honeydew melon balls or
cubes.

⅛ teaspoon salt.
2 tablespoons sugar.
Juice from 2 limes.

Combine ingredients. Chill well and serve piled in a sherbet glass garnished with mint leaves or small nasturtium leaves.

EASTER FRUIT COCKTAIL

2 cups fresh pineapple cubes.
¾ cup diced avocado pears.
2 cups grapefruit sections.

Few grains salt.
¼ cup powdered sugar.

Combine all these ingredients and chill very thoroughly. Pile in sherbet glasses and serve garnished with green emerelettes.

RHUBARB AND PINEAPPLE COCKTAIL

4 cups diced rhubarb.
1½ cups water.
¾ cup granulated sugar.

1½ cups pineapple juice.
Red coloring.

Cut up the rhubarb without peeling; add the water and simmer until quite tender. Press through a sieve and reheat to dissolve the sugar. Chill and add the pineapple juice and the coloring. Serve ice cold with small canapés.

TOMATO AND CELERY COCKTAIL

1 good size tomato.
4 tablespoons minced celery.

4 large ripe olives.

Peel tomato and cut in 4 slices. In the centre of each slice pile a spoonful of celery. Cut olives from stones in neat sections lengthwise and arrange them on the celery radiating from the centre to the edge of the tomato. Be sure the tomato is thoroughly chilled before peeling.

CABBAGE AND CARROT COCKTAIL

1 cup finely shredded cabbage.
 $\frac{3}{4}$ cup finely grated carrot.
2 tablespoons finely diced celery.

$\frac{1}{4}$ teaspoon salt.
 $2\frac{1}{2}$ tablespoons lemon juice.
 $\frac{1}{8}$ teaspoon onion juice.

Prepare cabbage, cover with icy cold water and leave to stand 1 hour. Dry well between towels and then add to the other ingredients. Toss well together. Pile in sherbet glasses and garnish with strips of pimienta or green pepper. Make the servings small. This serves 4 or 5.

FRESH TOMATO COCKTAIL

6 good size firm tomatoes.
 $\frac{3}{4}$ cup diced celery.
Small lettuce leaves.
1 small cucumber.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ teaspoon fruit sugar.
2 teaspoons vinegar.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.
1 teaspoon grated onion.

Peel the tomatoes, keeping them firm. Cut in $\frac{1}{2}$ -inch cubes and mix with diced celery. Chill in the refrigerator in the ice trays until almost frozen (about $1\frac{1}{2}$ to 2 hours). Grate the cucumber and add the remaining ingredients. Place the tomatoes in cocktail glass on top of small lettuce leaves. Cover with the cucumber sauce and sprinkle with paprika. Serve very cold. 6 servings.

RED COCKTAIL SAUCE

2 tablespoons horseradish.
 $\frac{3}{4}$ cup tomato catsup.
3 tablespoons chili sauce.

2 tablespoons lemon juice.
 $\frac{1}{8}$ teaspoon salt.

Combine all ingredients well. Chill thoroughly. Serve with oysters or other shell fish cocktails.

CHERRY ALMOND FIZZ

1 cup cherry juice (from preserved fruit).
 $\frac{1}{2}$ teaspoon almond extract.

2 tablespoons lemon juice.
1 pint dry ginger ale.
Sugar, if desired.

Combine cherry juice, almond extract, lemon juice and sugar if necessary. Add ginger ale just before serving. Serve in cocktail glasses with cheese wafers, pretzel sticks, potato chips or canapés.

BLUEBERRY JUICE COCKTAIL

1 pint blueberries.
1 cup water.
 $\frac{1}{4}$ cup lemon juice.
 $\frac{1}{3}$ cup orange juice.

$\frac{1}{4}$ cup fruit sugar.
 $\frac{1}{8}$ teaspoon salt.
Ginger ale.

Boil berries and water for 5 minutes. Strain, pressing lightly so as not to make juice murky. Add other ingredients except ginger ale and chill well. Place 2 tablespoons in each cocktail glass and fill up with dry ginger ale or sparkling water.

NOTE—I tried lime rickey also in the above and it was good, but the blueberry flavor was slightly overpowered by the lime.

PINEAPPLE ORANGE TEASER

1 cup pineapple juice.
 $\frac{1}{2}$ cup orange juice.
2 tablespoons lemon juice.

2 tablespoons fruit sugar.
Wee pinch salt.
1 pint carbonated water.

Combine the first five ingredients. Allow to chill well for 2 hours. Just before serving mix well and add the carbonated water. Serve with a cherry on a tooth pick in the bottom of the cocktail glass. Small canapés of cream cheese and shrimp would be good with this.

CRANBERRY JUICE COCKTAIL

4 cups cranberries (1 quart).
4 cups water.

$\frac{3}{4}$ cup granulated sugar.

Cook cranberries and water until skins pop open (about 5 minutes). Squeeze through a cheesecloth. Bring juice to boil and add sugar. Boil 2 minutes. Chill well. Serve in punch glasses, filling the glasses half full of cranberry juice and the other half of ginger ale or soda water. Add the ginger ale just before serving.

TO PREPARE BREAD FOR CANAPÉS

Cut slightly stale bread into $\frac{1}{4}$ -inch slices. Cut the bread into fancy shapes using fancy cutters. Do not have them too large. Toast the bread quickly on one side only.

The fancy shapes are also quite delicious fried in deep fat and drained on brown paper. Have the fat quite hot at 390 degrees F.

To make canapés for passing with cocktails of any kind—flavored butters are interesting to spread on the small rounds of bread.

These can be topped with:

- (1) A slice of hard cooked egg, then an olive half.
- (2) A circle of sliced olives.
- (3) A sardine or a cucumber.
- (4) Shrimp or caviar.

FLAVORED BUTTERS

(1)

$\frac{1}{2}$ cup soft butter.
 $\frac{1}{2}$ cup minced parsley or
watercress.

1 tablespoon lemon juice.
2 teaspoons onion juice.

Use with fish.

(2)

$\frac{1}{2}$ cup softened butter.

1 cup chili sauce or chutney relish.

Use with cucumber, tomato or egg.

ST. PATRICK HORS-D'OEUVRES

(1) Cut bread in $\frac{1}{2}$ -inch slices, and then with a shamrock cutter cut into shapes. Drop these into deep fat and fry to a light brown. Spread these with a Roquefort cream cheese, colored green and on top place a curled anchovy with a dot of green pepper in the centre.

(2) Spread large potato chips with any of the prepared meat or fish pastes and then sprinkle with chopped sweet green relish.

(3) Place a small sweet green gherkin with the ends protruding from a slice of cheese bread (your baker will have some or will order it for you). Toast these rolls under the broiler and serve hot.

CHEESE AND OLIVE CANAPÉS

Cover prepared rounds of bread with a soft cheese spread. Outline the edge with thinly sliced olives.

SHRIMP AND CUCUMBER CANAPÉS

Place a slice of salted cucumber on a round prepared shape. Top with a shrimp and a sprig of parsley.

CHEESE AND TOMATO CANAPÉS

Place small slices of tomato on round of bread. Sprinkle with salt. Top with cheese forced through fancy tube. Garnish with parsley.

HOT HAM AND CHEESE CANAPÉS

1 cup minced ham.
 $\frac{1}{2}$ cup grated cheese.
 $\frac{1}{4}$ cup soft butter.

$\frac{1}{4}$ teaspoon mustard.
2 tablespoons chopped green
pepper.

Combine all ingredients and spread on $\frac{1}{4}$ -inch slices of bread. Place in hot oven at 425 degrees F. Cut in fingers or triangles to serve.

MUSHROOM AND HAM CANAPÉ

½ cup diced fried mushrooms.
 ½ cup minced ham.
 ½ tablespoon butter.
 ½ tablespoon flour.

¼ cup milk.
 ¼ teaspoon Worcestershire
 sauce.
 Salt and pepper.

Prepare mushrooms and ham. Melt butter in small saucepan. Add flour and stir until smooth. Add milk and seasonings. Stir and cook until thick. Add ham and mushrooms. Spread this mixture on circles of bread which have been toasted on one side and buttered on the other. Serve hot.

GERMAN CANAPÉ

Scrape meat with the tines of a fork from a small piece of steak. Into this mix finely chopped green onion and sweet pickles. Season well with salt, pepper and condiment sauce. Spread, after mixing, to a smooth paste, on slices of rye bread or toast. Garnish with parsley. These are quite delicious and, I think, rather a new idea. The meat is not cooked.

HERRING CANAPÉS

1 can herring snacks in wine
 sauce.

Roquefort cream cheese.
 Canapé shapes.

Drain the herring snacks and place on the canapé shapes. Garnish with the cream cheese spread and a bit of pimienta.

CAVIAR CANAPÉS

For these it is best to use the tiny flaky cases called caviar cups or biscuits. Reheat these in the oven until crisp. Sprinkle the caviar with lemon or onion juice and pile into the cases. Top with a bit of lemon rind or pimienta.

SARDINE AND EGG CANAPÉS

Mash sardines to a paste. Add lemon juice, salt and pepper to taste. Take hard-cooked egg and chop the white finely, also take the yolk and press through a sieve. Spread prepared shape with sardine paste. Divide the shape in half with a narrow strip of pimienta. Sprinkle one half with egg yolk and the other half with egg white.

NOTE—Pâté de fois gras or devilled ham may be substituted for the sardines.

SARDINE CANAPÉS

Trim crusts from bread cut in $\frac{1}{3}$ -inch slices. Spread with butter, then with pineapple cream cheese spread. Have half the slices covered with this same spread, colored a pale green. Cut these slices in oblongs, lay a sardine on each oblong, and arrange alternating green and white oblongs on the tray.

SARDINE CRISP SNACKS

Spread salted soda wafers with cream cheese. Arrange 2 or 3 sardines on each wafer. Sprinkle with bits of cream cheese or grated cheese. Place in hot oven for 2 to 3 minutes. Serve hot. Delicious with tomato juice as an appetizer.

SARDINE AND TOMATO ON TOAST

Spread slices of bread with butter. Trim off crusts. Arrange with slices of peeled tomatoes, cut into fingers and place one sardine on each finger. Sprinkle with grated cheese. Put on a buttered baking sheet near the bottom of a hot oven 425 degrees F. so the bottom of bread will brown. Serve hot.

BACON AND SARDINE SAVORY

Cut bread in rectangles and toast. Sprinkle sardines with lemon juice. Roll in thin strips of bacon. Place sardines in shallow pan with the bacon ends underneath. Cook at 425 degrees F. until bacon is crisp (about 10 minutes). Arrange on toast strips and garnish with parsley.

SARDINE SAVORIES

1 tin sardines.
 $\frac{1}{2}$ cup white cream cheese.

$1\frac{1}{2}$ teaspoons horseradish.
Bread strips.

Drain sardines. Combine horseradish and cheese. Spread this mixture on strips of buttered bread and place a sardine on top of each strip. Garnish with paprika and parsley.

SARDINE STUFFED PRUNES

Remove sardines from can and drain. Trim off tails and mash well. Add 2 tablespoons of any desired relish. Pack this mixture into about 12 large stoned prunes. Roll prunes in a strip of bacon and broil until bacon is crisp.

BACON AND PRUNE APPETIZER

6 strips side bacon.
12 small cooked prunes.

12 ½-inch cubes canned pine-
apple.

Cut bacon strips in half. Pit the prunes and place the piece of pineapple in the prune. Wrap ½ bacon slice around each prune, fasten with a toothpick. Broil in hot oven until bacon is done. Serve hot. These are eaten with the fingers.

POTATO CHIP APPETIZER

Spread large potato chips with a mixture of equal parts cream cheese and anchovy paste. Garnish with a dash of paprika. Arrange on plate and garnish with parsley.

STUFFED CELERY

12 small pieces of celery
½ cup cream cheese.
1 teaspoon onion juice.

Paprika.
Salt.

Blend seasoning into cheese, fill stalks and sprinkle with paprika.

Variations:

- 1.—Use Roquefort cream cheese spread.
- 2.—Combine ¼ cup lobster paste or minced lobster with an equal amount of soft butter.
- 3.—½ cup white cream cheese combined with 1 tablespoon anchovy paste.

CELERY STUFFED WITH SARDINES

Remove sardines from tin. Drain. Remove tails and mash, mixing in lemon juice and white pepper. Stuff this mixture into cleaned celery stalks. Serve well chilled.

CELERY HEARTS FOR HORS-D'OEUVRES

Purchase celery hearts and cut off enough of the tops to leave the stalks about 3½ to 4 inches in length. Do not separate the stalks. Now take a sharp knife and cut the stalk lengthwise in half. Cut each half lengthwise in half again, or in thirds, according to size of heart and size desired. Place in cold water with lemon and salt. Chill well for several hours before serving.

BACON AND PEANUT BUTTER BITS

Spread ½-inch slices bread with butter. Remove crusts. Spread on soft peanut butter. Cut into fingers and place a small piece of bacon on each finger. Place fingers on buttered baking sheet. Bake in hot oven at 400 degrees F. until bacon is crisp.

OLIVES IN BACON

Wrap large stuffed olives in breakfast bacon and broil or bake till bacon is crisp.

PRUNE TEASERS

Stuff a cooked pitted prune with a stuffed olive. Roll up in pastry rectangles. Bake at 425 degrees F. for 12 to 15 minutes. Serve warm with tomato or fruit juice cocktail.

SAUSAGE IN BACON

Wrap cocktail sausage in bacon and broil or bake in hot oven till crisp. Serve on tooth picks.

GHERKINS IN AMBUSH

Roll out flaky pastry and cover with grated cheese. Fold and then roll again. Cut in small squares and then roll around small sweet gherkins. Bake at 450 degrees F. for 8 to 10 minutes.

PINEAPPLE AND BACON BITS

Wrap small wedges of canned pineapple in a small slice of bacon and secure with a toothpick. Bake on a rack in a hot oven. Serve hot.

SAGE BRUSH TURKEYS

12 slices of bacon.

1½ cups soft dressing

Place a spoonful of dressing on bacon strip. Roll and fasten with toothpick. Broil or bake, turning frequently.

COCKTAIL PATTY CASES

Purchase small patty shells and fill with any savory creamed fish mixture. Reheat in oven and serve hot.

OTHER COCKTAIL ACCOMPANIMENTS

Olives or gherkins on toothpicks.

Cubes of bologna, ham, cheese on toothpicks with a pickled onion.

Salami or summer sausage rolled around gherkins and fastened with a toothpick.

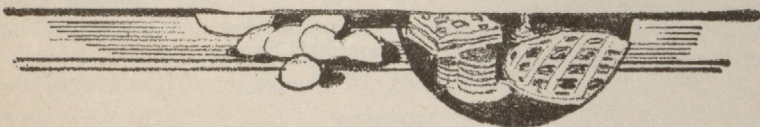
Any of the savory biscuits now on the market.

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COCKTAILS, APPETIZERS & HORS-D'OEUVRES 409



COOKING FOR TWO



THE trick in cooking for two is in cooking just enough and no more, as too many left-overs in the refrigerator is a problem.

Most recipes are planned to serve six and some of these are easily divided by three to give you the amount that you will want. If, however, they are not easily divided by three see what you can do with half of the recipe and if it so happens that you are very fond of the recipe then you may be able to consume the most of it.

Small bits of creamed vegetables and mashed potatoes left from the dinner are often quite enough to make a delicious cream soup for a luncheon for two.

Custards and jellies as well as other things that will keep should be made up in quantity and the extras covered and stored in the refrigerator for use at another time. This is an economy on time, labor and money.

Cream sauces as well as chocolate and other dessert sauces can be made up in quantity and then used as needed. The cream sauce is best re-heated over hot water, beating vigorously to remove any lumps.

The small half size cans are ideal for use but they are not exactly an economical buy. When you can arrange to do so use the large cans as it is really much cheaper. For instance, you can open a can of peas—serve it one night as a vegetable—another part can be used in a salad and the remainder can be made into soup using the liquid from around the peas.

A WEEK'S DINNER MENUS FOR TWO**SUNDAY**

Chilled Grapefruit Juice.
Stuffed Tenderloin.
Creamy Mashed Potatoes. Tomato Scallop.
Head Lettuce, French Dressing.
Ice Cream, Butterscotch Sauce.

MONDAY

Cream of Tomato Soup.
Baked Beans with Bacon.
Buttered Beets. Creamed Celery.
Fruit Salad.

TUESDAY

Cream of Mushroom Soup.
Cold Stuffed Tenderloin.
Scalloped Potatoes. Glazed Carrots.
Butterscotch Pudding.

WEDNESDAY

Chilled Tomato Juice.
Broiled Lamb Chops.
Green Peas. Hashed Brown Potatoes.
Lemon Jelly.

THURSDAY

Consommé.
Baked Midget Pork Roll.
Spinach. Savory Potatoes.
Baked Rhubarb and Bananas.

FRIDAY

Half Grapefruit.
Baked Haddock in Tomato.
Baked Potatoes. Green Beans.
Rice Custard.

SATURDAY

Ham Soufflé.
Diced Turnips. Hashed Brown Potatoes. Bowl of Salad Greens.
Chocolate Cup Cakes With Whipped Cream.

WHITE BUTTER CAKE

3 tablespoons butter.
½ cup fine granulated sugar.
1 egg.
½ teaspoon vanilla.

¾ cup sifted pastry flour.
1¼ teaspoons baking powder.
Few grains salt.
¼ cup sweet milk.

Cream butter, add sugar gradually and cream well. Add well-beaten egg and flavoring. Beat well. Add alternately the milk and dry ingredients sifted together. Bake in buttered (8 x 4) pan in a moderate oven 350 degrees F. for 30 to 35 minutes or in 2 small layers at 375 degrees F. for 25 minutes.

NOTE—Sift flour always once before measuring!

Variations:

1.—Bake cake in slightly larger pan. Cool. Cut in rounds or squares of about 3 inches in diameter. Place a scoop or slice of ice cream on this. Cover with chocolate or butterscotch sauce to make what are called ice cream canapés.

2.—Ice one half of the cake with chocolate frosting and the other half with orange, mocha, lemon or any other desired frosting and you have a choice to offer without the trouble of two cakes.

3.—Bake in large muffin tins or large paper cups. Cool. Scoop out the centre and fill with the following mixture:

¼ cup 32 per cent. cream.
2 tablespoons toasted browned almonds.

2 tablespoons strawberry jam.
2 marshmallows, cut very finely.

Whip the cream until stiff and add other ingredients. Sprinkle the top of each cake with colored cocoanut or almonds.

BAKED CUSTARD

1 cup scalded milk.
1 egg.

1½ tablespoons sugar.
¼ teaspoon vanilla.

To the scalded milk add the slightly beaten egg and sugar. Now add the vanilla and strain into 2 custard cups. Set dishes down in a pan of water and bake at 350 degrees F. for 35 minutes. Set down in cold water to chill as soon as you remove them from the oven. Serves 2.

Variations:

1. **RICE CUSTARD**—Place 2 tablespoons of cooked rice in each custard cup and add the custard.

2. **CHOCOLATE CUSTARD**—Melt ¼ square of chocolate and stir into the scalded milk. Continue as directed using another tablespoon of sugar.

3. **MARSHMALLOW CUSTARD**—Place a marshmallow in the bottom of a custard cup and pour on the custard mixture and continue as in general directions.

BAKED RHUBARB AND BANANAS

1½ cups diced rhubarb.
½ cup diced bananas.

½ cup sugar.

Prepare fruit and sprinkle with sugar. Allow to stand in baking dish for 10 minutes. Cover and place in oven at 350 degrees F. for 20 to 30 minutes. Raisins may be added also if you like them. Serves 2.

BANANA LEMON SHORTCAKE

2 squares white cake.
1 large banana, sliced.

Lemon sauce.

Split squares of cake in half and fill with sliced bananas. Place a few slices neatly on top and pour on a serving of warm lemon sauce.

ICE CREAM CANAPÉ WITH CHOCOLATE SAUCE

2 squares of chocolate or white
cake.
Chocolate sauce.

Chopped nuts.
½ pint ice cream, chocolate or
vanilla.

Arrange pieces of cake on dessert plates. If the cake is very high, one piece will do, split in half. Top with a mound of ice cream and pour on chocolate sauce. Serve with chopped nuts sprinkled over the top.

LEMON JELLY

Dissolve 1 package of lemon jelly powder in 2 cups boiling water and then divide it evenly into 3 bowls. Allow each of them to partially set and then prepare as desired.

Variations:

1.—Beat until fluffy with an egg beater and arrange in a sherbet glass topped with whipped cream. Sprinkle with nuts.

2.—Add:

2 tablespoons grated carrot.
2 tablespoons crushed pineapple.

1 tablespoon chopped nuts.

Turn into moistened molds. Chill and unmold on lettuce and serve as a salad course in place of dessert with whipped cream dressing.

3.—Add:

2 tablespoons crushed pineapple.
4 marshmallows, chopped.

3 maraschino cherries, chopped.

Chill well and serve in sherbets topped with whipped cream.

NOTE—You can, for variation, use orange or pineapple jelly in these recipes and the appearance is quite different. And, by the way, prepared jelly powders are always improved with a wee dash of salt, and any fruit juice can be substituted for the water in the recipe. Pineapple juice or cubes should always be cooked before adding them to the gelatine.

TEA BISCUITS

1 cup pastry or cake flour.
2 teaspoons baking powder.
¼ teaspoon salt.

2 tablespoons shortening.
¼ cup milk.

Mix and sift the dry ingredients. Blend in the shortening with a fork and add the milk, stirring lightly only until the ingredients are blended. Turn on to a lightly floured board, and knead slightly until mixture is smooth. Pat out to ¾-inch thickness and cut into desired shapes. Bake at 425 degrees F. for 15 to 20 minutes. Serves 2.

JAM WHEELS

Roll tea-biscuit mixture out to less than ½-inch thickness, keeping the shape as rectangular as possible. Spread with any favorite jam. Roll up jelly roll fashion and cut into 3 pieces. Place in buttered muffin tins and bake, cut side up, for 20 minutes. Serve hot with lemon sauce.

LEMON PUDDING SAUCE

⅓ cup granulated sugar.
1 tablespoon cornstarch.
⅛ teaspoon salt.

¾ cup boiling water.
1½ tablespoons lemon juice.
1 tablespoon butter.

Mix cornstarch, sugar, salt. Add water. Cook until thick and clear, then cook gently for 5 minutes longer. Stir to prevent burning. Add butter and lemon juice. Serve hot over pudding. Serves 2 substantial servings. If a stronger lemon flavor is desired, add a little grated lemon rind.

QUEEN OF MUFFINS

2 tablespoons butter.
2 tablespoons granulated sugar.
2 tablespoons beaten egg.
¼ cup milk.

¾ cup flour.
½ teaspoon salt.
1¼ teaspoons baking powder.

Cream butter and sugar. Add egg and beat well. Combine dry ingredients and add alternately with the milk. Bake in moderately hot oven, 400 degrees F., in buttered muffin tins for 20 minutes, more or less, according to size. Makes 4 to 6 muffins.

Variations:

- 1.—Add 2 tablespoons, chopped, cooked, crisp bacon, with the flour.
- 2.—Place ½ to 1 teaspoon of any jam or jelly on the top of each muffin just before baking.
- 3.—Add ¼ cup chopped dates with the flour.
- 4.—Add ¼ cup grated cheese.

FRESH PEACH TRIFLE

$\frac{3}{4}$ cup stale cake crumbs.
2 small or 1 large peach.
2 tablespoons sugar.
 $1\frac{1}{2}$ tablespoons hot water.

$\frac{1}{2}$ teaspoon lemon juice.
Few drops almond extract.
Custard sauce for two.

Arrange cake crumbs in 2 sherbet glasses. Peel peaches and dice finely. Add sugar, water, lemon juice and almond extract. Leave to dissolve sugar, then pour over cake crumbs and top with custard sauce. Garnish with slices of peach and whipped cream if desired.

CUSTARD SAUCE

$\frac{3}{4}$ cup milk, scalded.
1 egg yolk.
2 teaspoons granulated sugar.

$\frac{1}{2}$ teaspoon cornstarch.
Few grains salt.
 $\frac{1}{8}$ teaspoon flavoring.

Scald milk. Beat egg yolk slightly and add other ingredients. Add some hot milk to the mixture. Return to double boiler or slow heat and cook until it coats a spoon and is slightly thickened. Chill as quickly as possible.

CREAM SAUCE

2 tablespoons butter.
2 tablespoons flour.
 $\frac{1}{4}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{8}$ teaspoon paprika.
1 cup milk.

Melt butter, blend in flour, salt, pepper and paprika. Let cook together over fairly low heat for about $\frac{1}{2}$ minute. Add milk all at once and stir until smooth. Cook until thick.

CASSEROLE COMBINATION No. 1

1 cup cream sauce.
 $\frac{1}{4}$ cup diced cooked ham.

1 cup cooked asparagus, cut in pieces.

CASSEROLE COMBINATION No. 2

1 cup cream sauce.
 $\frac{3}{4}$ cup cooked, diced celery.

$\frac{1}{4}$ cup green peas.
 $\frac{1}{4}$ cup grated cheese.

(Use the celery water as part of the liquid in the sauce.)

CASSEROLE COMBINATION No. 3

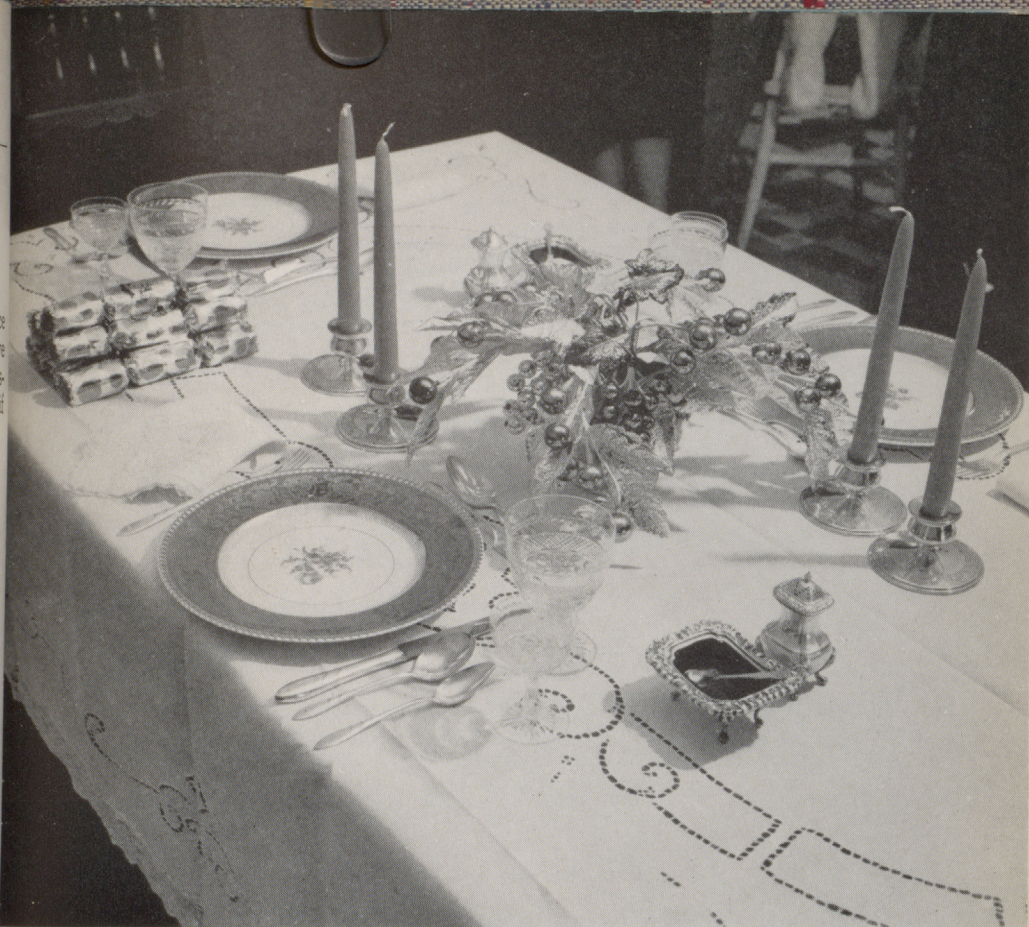
1 cup cream sauce.
 $\frac{1}{2}$ cup flaked salmon.
 $\frac{1}{2}$ cup corn niblets.

2 tablespoons chopped green pepper.
2 tablespoons chopped almonds.

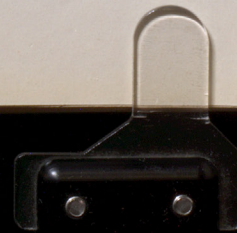
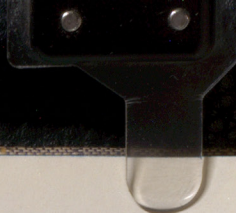
CASSEROLE COMBINATION No. 4

1 cup cream sauce.
 $\frac{1}{2}$ cup chopped corned beef.

1 cup cooked shredded cabbage.



A FORMAL PARTY SERVICE



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STUFFED FISH FILLETS

Purchase $\frac{1}{2}$ pound haddock or flounder fillets. Sprinkle with salt, pepper and lemon juice. Place fillets in bottom of well-greased shallow baking pan and place a mound of dressing on each fillet. Bake in hot oven 400 degrees F. for 30 to 40 minutes, according to thickness.

DRESSING FOR FISH FILLETS

$\frac{3}{4}$ cup stale soft bread crumbs.
 $\frac{1}{4}$ teaspoon salt.
1 teaspoon grated onion.

$\frac{1}{2}$ teaspoon chopped pickle.
 $\frac{1}{2}$ teaspoon poultry seasoning.
 $1\frac{1}{2}$ tablespoons soft butter.

Mix together crumbs and seasonings and rub in the butter.

FILLETS OF SOLE WITH OYSTERS

$\frac{1}{2}$ pound fillets of sole.
4 to 6 oysters.

Lemon juice.

Place 2 oysters on each piece of fillet. Sprinkle with lemon juice. Wrap fillets around oysters and secure with toothpicks. Dip into evaporated milk, then into fine dry bread crumbs (or cornflake crumbs). Place in greased pan. Sprinkle with paprika and melted fat. Bake at 400 degrees F. for 10 minutes or until nicely browned.

OLD-FASHIONED OYSTER STEW

1 cup scalded milk.
1 tablespoon butter.
 $\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{4}$ teaspoon salt.

2 tablespoons fine cracker crumbs.
 $\frac{1}{4}$ pint oysters and juice.
Paprika.

Add butter, pepper, salt and cracker crumbs to milk. When quite hot, add the oysters and cook only until the edges curl—about 3 to 5 minutes. Serve at once; sprinkle with paprika. Serves 2.

NOTE—Always remember that the raw oyster is one of the simplest things to digest. With this in mind, we try to cook the oyster only long enough to heat it through. An over-cooked oyster becomes tough, and hard to digest.

BAKED HADDOCK IN TOMATO

2 pieces haddock fillets (about
 $\frac{1}{2}$ pound).
1 cup canned tomatoes.

$\frac{1}{8}$ teaspoon salt.
 $\frac{1}{3}$ cup grated cheese.

Place fish in buttered shallow pan. Add salt to tomatoes and pour over the fish. Sprinkle with grated cheese and bake at 400 degrees F. for 20 to 25 minutes.

SALMON MAYONNAISE FOR TWO

$\frac{1}{2}$ cup flaked, canned salmon.
 $\frac{1}{4}$ cup diced celery.
 1 tablespoon chopped pickle.
 $\frac{1}{4}$ teaspoon lemon juice.
 $\frac{1}{8}$ teaspoon salt.

1 teaspoon gelatine.
 1 tablespoon cold water.
 $2\frac{1}{2}$ tablespoons thick mayonnaise
 or salad dressing.
 1 tablespoon cream.

Combine salmon, celery, pickle, lemon juice and salt. Soak gelatine in cold water in a pyrex or aluminum container and set container in hot water to dissolve. Add dissolved gelatine to mayonnaise; then add other ingredients. Turn into oiled molds. Chill well before serving.

HAM SOUFFLÉ

1 tablespoon butter.
 2 tablespoons flour.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon grated onion.
 Dash of cayenne pepper.

$\frac{1}{3}$ cup milk.
 1 egg yolk.
 $\frac{2}{3}$ cup minced, cooked ham.
 1 egg white.

Make a cream sauce of butter, flour, salt, onion, cayenne and milk. Cool slightly, add egg yolk and ham. Fold in the stiffly beaten egg white. Pour into a small round buttered casserole and oven-poach (set in a pan of water) at 375 degrees F. for 40 minutes. Serve with mustard sauce. Serves 2.

MUSTARD SAUCE

2 teaspoons butter.
 2 teaspoons flour.
 Dash of salt and pepper.

$\frac{1}{4}$ teaspoon dry mustard.
 $\frac{1}{3}$ cup hot water.
 2 teaspoons lemon juice.

Melt butter and add the flour, then add the other ingredients in order given. Cook until thick and serve over the ham soufflé.

SALMON, PEAS AND MUSHROOMS ON TOAST

1 individual can salmon.
 $\frac{1}{2}$ can condensed mushroom soup.

4 tablespoons milk.
 $\frac{1}{8}$ teaspoon Worcestershire sauce.
 1 small can green peas.

Flake salmon and heat in the combined soup and milk. Add Worcestershire sauce and drained peas. Serve hot on toast. Garnish with parsley.

CHICKEN POT PIE

$1\frac{1}{2}$ cups boiled chicken, cut in large cubes.
 1 cup diced, cooked carrots.

1 cup green peas.
 1 cup cream sauce.

Arrange alternate layers of chicken, carrots and peas in casserole. Pour cream sauce over and cover with fluffy, mashed potatoes or (if you are clever at pastry) a pastry cover. Bake at 450 degrees F. for about 20 minutes.

LAMB CHOPS IN TOMATO

2 shoulder lamb chops.
 $\frac{1}{2}$ tablespoon flour.
Salt, pepper and paprika.

$\frac{1}{2}$ can tomato soup
 $\frac{1}{4}$ cup water.

Sprinkle chops with flour then with the seasonings. Fry until brown. Cover with the tomato soup and water. Bake, covered for 20 minutes and uncovered for the last 15 minutes at 375 degrees F. Serve with the gravy in pan. Serves 2.

VEAL WITH MUSHROOM GRAVY

$\frac{1}{2}$ pound veal cutlet.
 $\frac{1}{2}$ tablespoon flour.
Salt, pepper and paprika.

1 tablespoon bacon fat.
 $\frac{1}{2}$ can mushroom soup.
 $\frac{1}{4}$ can water.

Cut veal into pieces for serving and roll in flour. Sprinkle with salt, pepper and paprika. Fry in hot bacon fat to brown. Add the mushroom soup and water and bake at 375 degrees F. for 30 minutes covered and 10 minutes uncovered. Serve with the gravy in pan. Serves 2.

VEAL AND SPAGHETTI

$\frac{1}{4}$ pound veal cutlet, cubed.
1 second size can spaghetti.
1 medium onion, chopped.

2 tablespoons fat.
 $\frac{3}{4}$ cup grated cheese.

Dice veal and roll in flour. Sauté with the chopped onion in the fat for 5 minutes. Add the spaghetti and turn into a lightly buttered casserole. Cover with grated cheese and brown in a hot oven. Serve with a green vegetable and a salad for a delicious supper dish.

CASSEROLE OF VEAL

2 slices side bacon.
 $\frac{1}{2}$ pound lean veal.
1 tablespoon flour.
 $\frac{3}{4}$ cup tomato juice.

1 large carrot, diced finely.
 $\frac{1}{3}$ cup string beans, diced finely.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon Worcestershire sauce.

Sauté chopped bacon to extract fat. Cut meat in 1-inch pieces, roll in flour and add to hot fat and bacon. Sauté until browned. Add other ingredients. Bring to boil then lower heat and simmer gently for 30 minutes. Serve over boiled rice or with fluffy mashed potatoes. Serve hot to 2 people.

SPAGHETTI WITH PEAS AND BACON

6 slices side bacon, chopped.
1 second size can of spaghetti.

1 small can green peas.
Buttered crumbs.

Sauté bacon until crisp and pour off surplus fat. Add spaghetti and arrange in casserole in alternate layers with peas. Cover with buttered crumbs. Brown in a hot oven. Serves 2.

HAM AND VEAL LOAF

$\frac{1}{4}$ pound uncooked ham, minced.
 $\frac{1}{4}$ pound uncooked veal, minced.
 $\frac{1}{2}$ cup condensed canned tomato soup.

$\frac{1}{4}$ teaspoon dry mustard.
2 tablespoons bread crumbs.
 $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{4}$ teaspoon Worcestershire sauce.

Combine all ingredients, mixing together with half of the soup. Mold into loaf shape. Place in small bake pan and cover with remaining soup. Bake at 375 degrees F. for 30 minutes. Serve with sliced cucumbers and garnish with watercress and celery hearts. To make a cold plate make a side salad of cabbage and serve sliced tomatoes as well.

AMOUNTS OF MEAT FOR TWO**BEEF**

2 small club steaks—serve broiled or pan-fried.
2 fillets of steak—serve broiled or pan-fried.
 $\frac{3}{4}$ pound round steak—cut into pieces for serving and serve as Spanish or Swiss steak. $\frac{1}{2}$ pound is enough for stew.
 $\frac{1}{2}$ pound minced steak—make into patties and broil or fry. Also is used for various casseroles.

LAMB

2 chops—shoulder or loin—serve broiled or pan-fried—sometimes baked.
3 chops—rib—serve as above.
 $\frac{1}{2}$ pound shoulder—minced—made into patties or for casseroles.
 $2\frac{1}{2}$ pounds rolled shoulder—enough to roast and serve hot one dinner and cold for another dinner.

VEAL

Order much the same as lamb except for:
 $\frac{3}{4}$ pound cutlets. Usually served breaded or stuffed.

PORK

2 loin chops—serve broiled, pan-fried or baked.
2 pounds loin roasts—enough for 2 meals—one hot and one cold.
1 tenderloin—medium—weighs about $\frac{3}{4}$ pound—usually “Frenched” and pan-fried or broiled or split for stuffing. Ask your butcher to split or “French” it for you.

HAM

Midget pork roll—weight about $1\frac{1}{2}$ pounds is ideal roast for 2 people and ever so tasty.
2 medium-thin slices—about $\frac{1}{2}$ pound, enough for broiling or serving with eggs.

LIVER

$\frac{1}{2}$ pound calves' liver—ample served with bacon—usually fried in bacon fat.

SAUSAGES SMOTHERED IN APPLES

$\frac{1}{2}$ pound link sausage.
1 large apple.

1 tablespoon brown sugar.
 $\frac{1}{4}$ teaspoon salt.

Brown sausage in frying pan. Arrange in casserole and cover with the sliced apple which has been cored and peeled. Pour on the fat from frying pan and sprinkle with brown sugar and salt. Cover and place in oven at 400 degrees F. for 20 minutes. Uncover during the last 5 minutes. Serve hot to 2 people.

LEFT-OVERS

In order to cook for two in anything like an economical fashion you must learn to use up left-over bits in attractive ways. When you use up left-overs you must also be careful not to do it in an obvious fashion.

For instance, if you open a large can of peas. Half of it will serve two quite substantially, and the other half remains to be used in some other fashion. Here are some ways:

- (1) Mold them into a gelatine for a salad.
- (2) Use them with a cream sauce to pour over a can of salmon, heated in the tin before serving.
- (3) Add them to the lamb stew with carrots and onions.
- (4) Combine them with chopped celery, diced potatoes and left-over bits of meat or fish for a substantial luncheon or supper salad.
- (5) Serve them in a cheese sauce with bacon strips on crisp, buttered toast as a delicious luncheon dish.

Don't you think these suggestions much more interesting than just serving plain buttered peas two evenings in the same week?

The same rules can be applied to opening a can of pineapple. One can usually contains anywhere from 6 to 8 slices. Try these suggestions for utilizing them.

- (1) After frying pork chops fry the slices of pineapple in the same fat and serve them with the pork chops.
- (2) Place in baking dish and pour half of a standard cake batter or muffin batter over top and then serve when baked with a lemon sauce.
- (3) Arrange on a lettuce leaf and pile the centre with a mixture of cheese, nuts and mayonnaise. Serve as a dessert salad.
- (4) Drain well and chop to add to a butter or boiled icing for a cake.

MINCED MEAT ROLLS

Prepare tea biscuits as for Jam Wheels and spread with the following:

1 cup minced cooked beef or
veal.
2 tablespoons thick gravy.

1 tablespoon catsup.
1 teaspoon grated onion.
Salt and pepper.

Spread this on the tea biscuit and roll up, jelly roll fashion. Slice in 1-inch slices. Bake in greased muffin tins, cut side up, at 425 degrees F. Serve with tomato sauce.

Creamed salmon, tuna fish or chicken haddie may be served this way and make a grand dish. A sauce of green peas with some chopped bacon makes it even more delicious.

HASHED BROWN POTATOES

3 large potatoes.
1½ tablespoons butter.

2 tablespoons milk.
Salt and pepper.

Cook potatoes until done in boiling salted water. Chop finely (do not mash). Cool slightly. Melt butter in large frying pan. Mix milk with potatoes and seasonings. Turn into frying pan and pack well around the edges, leaving a smooth surface. Place pan on low flame so that the potatoes heat through and a crust gradually forms on the bottom. Increase heat to brown. Fold as an omelet and turn on to hot platter. Allow 20 to 25 minutes for best results.

SAVORY POTATOES

1 cup hot riced potatoes.
1 tablespoon butter.
¼ teaspoon salt.

1½ tablespoons cream.
1 teaspoon chopped watercress.

Beat all ingredients together vigorously. Reheat over hot water and serve very hot. If being served with lamb, add ¼ teaspoon chopped mint.

SCALLOPED POTATOES (Habitant Style)

3 medium size potatoes, sliced.
1 onion, sliced.
2 slices bacon, chopped.

½ can pea soup.
¼ cup milk.

Arrange in a casserole alternate layers of potatoes, onion and bacon. Combine soup and milk and pour over all. Bake covered at 400 degrees F. for 35 minutes, uncover and bake 15 minutes longer. Serves 2.

TOMATO SCALLOP

1 No. 2 can choice quality tomatoes.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{4}$ teaspoon sugar.
 $\frac{1}{2}$ cup dry bread cubes, buttered.

Remove the pulpy part of the tomatoes (save the juice for soup), and place in a buttered casserole. Sprinkle with salt and sugar and cover with the buttered bread cubes. Bake at 375 degrees F. for 15 to 20 minutes. This may be cooked in the oven at any temperature with other dishes.

GLAZED CARROTS

6 whole carrots.
1 tablespoon butter.
 $\frac{1}{4}$ cup brown sugar.

$\frac{1}{4}$ cup water in which carrots were cooked.

Cook carrots 15 minutes in boiling salted water. Drain. Heat together butter, brown sugar and water. Pour over carrots in shallow pan. Place in oven at 375 degrees F. and keep turning until syrup is all used up. Serves 2 or 3.

TOMATO SUCCOTASH

2 tablespoons chopped onion.
 $1\frac{1}{2}$ cups ripe tomatoes, chopped.
 $\frac{1}{4}$ teaspoon salt.
Dash of pepper.

$\frac{3}{4}$ cup raw string beans.
 $\frac{3}{4}$ cup fresh raw corn cut from cob.
1 tablespoon butter.

Combine all ingredients. Cover and simmer for 10 minutes. Remove cover and simmer another 5 minutes or until beans are tender. Serves 2.

IRISH STEW

$\frac{1}{2}$ pound stewing lamb cut in pieces.
 $1\frac{1}{2}$ tablespoons bacon dripping.
Flour and paprika.

$1\frac{1}{2}$ cups water.
4 small onions.
2 medium carrots.
2 medium potatoes.

Prepare lamb and roll in flour. Heat dripping and add the lamb. Sprinkle with paprika and fry until well browned. Add the hot water and cover closely. Simmer for 1 hour over a very gentle heat. Add the onions and 5 minutes later add the carrots, cut in pieces and the potatoes in quarters. Now add:

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

$\frac{1}{8}$ teaspoon celery salt.

Continue to cook for another 25 minutes and serve very hot with a green vegetable. Thicken the mixture with a flour and water paste before serving.

NOTE—If you find you have any of the stew left over, remove the bones from the meat and break up the meat slightly. To this add strained tomato juice and a little water to make a delicious soup.

STUFFED TENDERLOIN

1 large tenderloin.
 $\frac{3}{4}$ cup soft bread crumbs.
 2 tablespoons chopped apples.
 $1\frac{1}{2}$ teaspoons chopped onion.

$\frac{1}{4}$ teaspoon poultry seasoning.
 $\frac{1}{4}$ teaspoon salt.
 Few grains pepper.
 1 tablespoon butter.

Have tenderloin split for dressing by your butcher. Combine the remaining ingredients and spread over the tenderloin. Roll up into a snug roll and tie with string. Now place in a greased roaster and place in the oven at 400 degrees F. Roast, basting frequently with the fat in the pan, for 40 minutes. Cover during the last 10 minutes if it appears to be drying out. If there is no surplus fat on the tenderloin you may need to add some small amount of fat.

BAKED BEAN SAUTÉ

3 slices breakfast bacon, chopped.
 3 tablespoons chopped onion.
 $\frac{1}{4}$ cup chopped celery.

$\frac{1}{4}$ teaspoon salt.
 1 No. 1 can baked beans (1 cup).

Sauté bacon, onion and celery together for about 2 minutes. Add the salt and the beans, and continue to reheat together for 3 to 5 minutes. Serve on hot buttered toast. Serves 2.

BAKED BEAN CASSEROLE

$\frac{1}{4}$ pound minced steak.
 $\frac{1}{4}$ cup finely diced onion.
 1 tablespoon fat.
 1 No. 1 can baked beans.

$\frac{3}{4}$ cup finely diced raw carrot.
 Few grains pepper.
 $\frac{1}{2}$ teaspoon salt.

Sauté steak and onion with the fat. Add all the other ingredients and turn into a buttered casserole. Cover and bake at 375 degrees F. for about 45 minutes. Serves 2 and maybe 3.

LUNCHEON BEAN SANDWICH

1 No. 1 can baked beans.
 2 tablespoons catsup or chili sauce.

4 slices crisply cooked bacon.
 4 slices hot buttered toast.

Heat beans with the catsup and then place between 2 slices of buttered toast. Top with slices of crisp bacon and serve at once. Serves 2.

SCRAMBLED EGGS AND TOMATOES

1 tablespoon butter.
 2 tablespoons chopped onion.
 $\frac{3}{4}$ cup tomatoes, chopped in large pieces.

$\frac{1}{4}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
 2 eggs, beaten.

Sauté onion and butter in pan for 2 to 3 minutes. Add tomatoes and seasonings. Cook for 2 to 3 minutes, add beaten egg. Stir together over a slow heat until mixture is set. Serve on hot toast. Serves 2.

BIRMINGHAM EGGS

2 slices bread.
2 eggs.

Salt and pepper.

Cut bread in $\frac{1}{2}$ -inch slices. From centre cut out circle with $2\frac{1}{2}$ -inch cutter. Place bread slice in hot frying pan in which there is butter. Drop an egg in circle and cook on one side until brown. Place a piece of butter on top of egg. Turn over and cook on other side. Serve garnished with parsley. Serves 2.

NOTE—If you prefer you may beat the egg slightly, season and pour into the centre instead of the whole egg.

CREAMY EGGS WITH CORN

3 eggs, slightly beaten.
2 tablespoons milk.
1 tablespoon butter.
 $\frac{1}{4}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{2}$ cup corn (canned whole kernels).

Combine all ingredients. Cook in double boiler until thick, stirring constantly. Serve on hot buttered toast. Garnish with paprika and parsley. Serves 2.

LIMA BEAN CREOLE

$\frac{1}{2}$ cup lima beans.
 $\frac{3}{4}$ cup canned tomatoes.
2 tablespoons chopped onion.
2 slices bacon.

1 tablespoon chopped green pepper.
Seasonings.

Soak lima beans overnight in cold water. Next morning bring them to a boil in boiling water and let simmer gently until tender. Now combine with the tomatoes and other ingredients in a covered casserole, sprinkling the chopped bacon over the top and seasoning well. Place in oven at 375 degrees F. covered for 15 minutes and uncover for the browning of the bacon. May be used as a vegetable or as a main luncheon dish. Serves 2.

MACARONI AND CHEESE

$\frac{3}{4}$ cup cut macaroni.
2 tablespoons butter.
3 tablespoons flour.
Dash of cayenne pepper.

$\frac{1}{4}$ teaspoon dry mustard.
 $\frac{1}{2}$ teaspoon salt.
 $1\frac{1}{2}$ cups milk.
 $\frac{1}{2}$ cup grated cheese.

Cook macaroni in a large quantity of boiling salted water. Make a cream sauce of the remaining ingredients and add to the macaroni. Turn into a buttered casserole and sprinkle with buttered crumbs. Bake at 400 degrees F. until brown. Serves 2 or 3.

STUFFED PLUM SALAD

4 canned greengage plums.
2 tablespoons white cream cheese.
2 teaspoons chopped nuts.

1 teaspoon mayonnaise.
Few grains salt.
Head lettuce.

Cut the plums in half and remove the pits. Now cream the cheese with the mayonnaise, salt and the nuts. Pack this filling between 2 halves of the plums and place them together on the head lettuce. Garnish with watercress and extra mayonnaise. For a heartier salad you can use these as a garnish to a grated raw vegetable salad. They both look attractive and add so much to the food content of the salad.

JELLIED COLE SLAW

1 cup finely shredded cabbage.
1 tablespoon chopped green pepper.
2 teaspoons chopped sweet pickle.
1½ teaspoons gelatine.

2 tablespoons cold water.
½ cup boiling water.
¼ cup salad dressing.
1 teaspoon sugar.
1 tablespoon catsup.
Few grains salt.

Prepare vegetables. Soak gelatine in cold water and then dissolve in the boiling water. Add the salad dressing and other ingredients. Allow to cool and partially set. When almost set add the vegetables and turn into oiled molds. Chill well. Unmold on lettuce and garnish with watercress. Serves 2.

CRABMEAT MOLD

1½ teaspoons gelatine.
1 tablespoon cold water.
½ cup salad dressing.
½ cup shredded crabmeat.

1 tablespoon chopped green pepper.
2 tablespoons diced, canned pineapple

Soak gelatine in cold water and then dissolve over hot water. Add to the salad dressing and then combine with the other ingredients. Chill until set and then turn on to lettuce and garnish with sliced cucumbers. Serves 2.

SUNFLOWER SALAD

Sliced canned peaches.
Yellow cream cheese.
Seedless raisins.

Watercress.
Roquefort dressing.

Arrange watercress on salad plates. Now make a small, round, rather flat ball out of the cheese, and place in the centre of the cress. From this arrange slices of peach to form the petals of a sunflower and in the centre stick the raisins into the cheese to represent the seeds. Pass Roquefort dressing, or, if you wish, you can use any other. I like the Roquefort because of the tang it lends the salad, taking away from the sweetness.

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WHEN you are planning to cook for a number of people you must plan your menus according to what equipment is available for use. Try to get as much done the day before as you possibly can. Use large shallow pans for baking rather than deep ones in order to speed things up a bit.

If you do not have a recipe that will make what you want in quantity take one of your own standard recipes that serve six and multiply it by five to give you an amount equal to serve thirty. Figure on this to serve twenty-five and you will find that you have made ample. The reason for allowing the little extra is to make up for the inconsistency of inexperienced people doing the serving. This rule is not always successful but is quite safe with such things as salads, meat recipes, casseroles and others of the simple variety. Do not apply it to flour mixtures.

Plan and order well ahead. For meat allow $\frac{1}{4}$ pound cold meat per person and $\frac{1}{2}$ pound of hot meat per person.

Such things as macaroni dishes and vegetables can be prepared ahead of time so that they do not interfere with the other things that must be prepared later.

Salad ingredients are best prepared and placed in the refrigerator. Have the lettuce washed and separated and garnishes prepared and arranged so that one may work quickly.

MEAT LOAF (To Serve 100)

35 pounds minced beef.
8 pounds fresh pork, minced.
2 quarts cornflake or biscuit
crumbs.
1½ teaspoons poultry seasoning.

1½ cups chopped onion.
2 quarts tomato juice or soup
stock.
16 eggs, beaten.
¾ cup salt.

Mix all ingredients. Pack into pans. Bake at 450 degrees F. for 10 minutes, reduce heat to 375 degrees F. for 1½ hours. Serve hot or cold.

SALMON LOAF (To Serve 100)

12 pounds canned salmon.
2 quarts diced celery.
4 quarts cornflake or cracker
crumbs.
½ cup lemon juice.

16 eggs, well beaten.
¼ cup salt.
½ tablespoon pepper.
1 teaspoon paprika.
3 quarts milk.

Combine all ingredients except 1 quart of crumbs. Turn into greased baking pans and sprinkle over top with crumbs. Bake at 375 degrees F. for 1 hour.

PANCAKES (To Serve 100)

9 quarts flour.
1 cup sugar.
¾ cup baking powder.
3 tablespoons salt.

1½ dozen eggs.
7 quarts milk.
1 cup melted butter.

Mix and sift flour, sugar, baking powder and salt. Beat eggs well and combine with the milk. Add to the dry ingredients and melted butter. Beat well and bake on a hot griddle. Serve with maple syrup and butter.

JELLIED CHICKEN (To Serve 50)

15 pounds chicken or veal.
Water to cover.
1 small onion.
2 stalks celery.
12 peppercorns.
4 quarts stock.

½ cup gelatine.
1 cup water.
Salt and pepper to season.
¼ cup lemon juice.
3 cups diced celery.
Green peas (if desired).

Cook chicken in water to cover, with the onion, celery and peppercorns. Chill chicken and dice into neat little cubes. Pour stock through wet cheesecloth. Measure and bring to the boil. Add gelatine soaked in cold water. Add lemon juice. Allow to partially set. Add chicken and celery. Rinse out molds in cold water. Arrange a few green peas in each mold. Place in jelly mixture. Chill well. Will yield 45 to 50 molds according to size.

MASHED POTATOES (To Serve 50)

15 to 20 pounds potatoes.
1 quart hot milk.

$\frac{1}{4}$ cup salt.
 $\frac{1}{2}$ cup soft butter.

Peel potatoes and cook until tender in boiling salted water. Mash well. Add remaining ingredients and beat well. Serve hot.

HONEY CRISP SUNDAE (To Serve 50)

$1\frac{1}{2}$ gallons ice cream.
1 quart liquid honey.

2 packages rice krispies.

Place a scoop of ice cream in sherbet dish or fruit saucer. Cover with 1 tablespoon honey and sprinkle with rice krispies.

CHICKEN AND ALMOND SALAD (To Serve 50)

4 quarts cooked, diced chicken.
4 quarts diced celery.
 $3\frac{1}{2}$ teaspoons salt.
1 teaspoon pepper.

2 quarts salad dressing.
 $1\frac{1}{2}$ pounds blanched almonds,
browned and shredded.

Combine all the ingredients tossing them together with 2 forks. If allowing to stand add the almonds just before serving. Arrange on lettuce and serve garnished with sliced tomatoes or asparagus tips.

NOTE—You will need about four 5-pound boiling fowl.

SPECIAL POTATO SALAD (To Serve 50)

8 quarts diced, cooked potatoes.
2 quarts diced celery.
 $1\frac{1}{2}$ quarts finely shredded
cabbage.
 $1\frac{1}{2}$ cups chopped pimiento.

2 tablespoons grated onion.
2 cups finely chopped peanuts.
2 cups French dressing, well
seasoned.

Combine all ingredients and mix together well being careful not to allow the mixture to become mushy. Leave to stand in a cool place while the flavors blend.

BOILED COFFEE (To Serve 100)

$1\frac{1}{2}$ pounds coffee.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon mustard.

2 cups cold water.
5 gallons boiling water.

Combine coffee, salt, mustard and cold water. Tie loosely in a cheesecloth bag and plunge into boiling water. Cover closely. Keep at boiling point for 15 to 20 minutes, stirring frequently.

CHOCOLATE SAUCE (To Serve 100)

- | | |
|------------------------------|-------------------------|
| 1 pound cocoa. | 2 quarts cold water. |
| 7 cups sugar. | 2 tablespoons vanilla. |
| 1 cup cornstarch. | 3 quarts boiling water. |
| $\frac{1}{2}$ teaspoon salt. | |

Combine dry ingredients and add cold water to make a paste. Add boiling water. Cook slowly, stirring constantly until thick. Add vanilla. Serve over ice cream or ice cream sandwiches.

FRUIT PUNCH (To Serve 50)

- | | |
|-----------------------------|--------------------------------|
| 1 quart pineapple juice. | 6 cups sugar. |
| 1 quart lemon juice. | 4 cups water. |
| 1 quart orange juice. | $\frac{1}{2}$ cup mint leaves. |
| 2 quarts medium-strong tea. | |

Prepare fruit juices. Make tea. Combine sugar and water. Heat to make a syrup, while syrup is cooling add the mint leaves. Mix the syrup and other liquids, straining out the mint leaves. Pour into punch bowl over a large square of ice and serve very cold.

QUANTITIES TO SERVE 100

- | | |
|---|---|
| 2 pounds dice sugar. | 10 pounds cheese. |
| $1\frac{1}{2}$ quarts 16 per cent. cream
for tea. | 50 pounds potatoes (to serve
whole). |
| $2\frac{1}{2}$ quarts 16 per cent. cream
for coffee. | 6 loaves bread. |
| 6 gallons milk. | $2\frac{1}{2}$ gallons ice cream, or |
| 3 pounds butter. | 10 to 12 quart bricks ice cream. |
| 25 heads lettuce. | 20 pounds meat (cold). |
| 1 pound black tea. | 25 pounds meat (hot). |

COOKED SALAD DRESSING

- | | |
|---------------------------------|--------------------------------|
| $1\frac{1}{2}$ cups flour. | $\frac{1}{4}$ cup salt. |
| $\frac{1}{2}$ cup cornstarch. | 3 quarts milk. |
| $1\frac{1}{2}$ cups sugar. | $\frac{3}{4}$ cup butter. |
| 2 tablespoons mustard. | $1\frac{1}{4}$ quarts vinegar. |
| 1 teaspoon paprika. | 8 eggs. |
| $\frac{1}{8}$ teaspoon cayenne. | |

Mix flour, cornstarch, sugar, mustard, paprika, cayenne and salt together. Mix to a paste with a little of the milk. Scald remaining milk with the butter in a double boiler or over hot water. Add the first mixture to the milk gradually and cook until smooth and thick, stirring constantly. Pour on to the beaten eggs. Return to the fire and cook 3 minutes. Add vinegar a little at a time beating after each addition. Stir until dressing is well mixed and blended. Cool. This recipe makes $4\frac{1}{2}$ quarts salad dressing.

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IT should be the ambition of every homemaker to serve meals that will not only nourish the family but will delight them into anticipation of the next one. Meals that are planned in a hurried last-minute fashion are not going to be as interesting nor as economical as meals that are planned ahead. For this reason I suggest that you plan a week's dinner menus at a time and in this way you can plan your work and your shopping more readily.

Introduce color into your menus. By this I do not necessarily mean the artificial coloring of foods but rather the guarding against using two colorless vegetables in the main course and then following along with a dessert also of the colorless variety.

The thrill that the average person gets from "dining out" is the possibility of trying something new. This should be in itself a hint to the homemaker to introduce new ideas and suggestions as well as new foods into her menus.

In planning company menus do not try to serve a dinner that would take a well-trained staff of servants to handle. It is the attractive service, the careful and thoughtful preparation as well as the tastiness of your meal that will make it a success rather than the amount of food or number of courses that you serve.

If the main course is a rather rich one plan the dessert to be a light one. On the other hand, if you have a fairly light main course you can have a richer dessert.

Do not repeat the same food in the same menu. For instance, if you serve a cream of tomato soup do not serve a tomato salad.

MISCELLANEOUS DINNER MENUS

Yorkshire Pudding. Roast Beef.
 Waldorf Salad. Diced Turnips. Brown Gravy.
 Creamy Mashed Potatoes.
 Honey Crisp Roll.

Sautéed Beets. Broiled Grapefruit.
 Stuffed Pork Tenderloin.
 Green Beans (My own style). Browned Potatoes.
 Pineapple and Brazils in Jelly.

Spinach. Fruit Cup.
 Beef Loaf with Tomato Sauce.
 Creamed Onions. Baked Stuffed Potatoes.
 Apple Pie with Cheese.

Spaghetti with Tomato. Breaded Veal Cutlets.
 Green Peas. Buttered Parsnips.
 Cucumber and Lettuce with Mayonnaise.
 Butterscotch Pudding.

Tomato and Bread Scallop. Baked Fillets of Haddock.
 Buttered Corn Niblets. Home Fried Potatoes.
 Grapefruit and Celery Salad.
 Lime Jelly with Fruit.

Scalloped Potatoes with Onion. Chilled Tomato Juice.
 Broiled Liver and Bacon.
 Carrot Sauté. Spinach.
 Head Lettuce, French Dressing.
 Date Caramel Pudding.

Cream of Celery Soup.
 Broiled Steak. Mushroom Gravy.
 Creamed Cauliflower. Parsleyed Carrots. Hashed Brown Potatoes.
 Lemon Meringue Pie.

Green Peas. Onion Soup, Italian Style.
 Roast Shoulder of Lamb.
 Harvard Beets. Boiled Potatoes, Parsleyed.
 Mint Jelly.
 Lemon Bavarian Cream.

Parsnip Patties. Baked Stuffed Spare Ribs.
 Apple Sauce.
 Carrots and Peas. Browned Potatoes.
 Cherry Surprise.

A WEEK'S DINNER MENU**SUNDAY**

Tomato Juice Cocktail.
Rolled Rib Roast of Beef.
(have bones sent for soup)
Browned Potatoes. Mashed Turnip. Brown Gravy.
Bowl of Shredded Lettuce and Chopped Celery.
Mince Pie

MONDAY

Vegetable Soup
(from bones and some of the gravy from the roast.)
Sausage with Apple Rings.
Creamed Potatoes (with Pimiento). Brussels Sprouts. Mashed Parsnips.
Lime Pineapple Whip.

TUESDAY

Meat Pie with Vegetables
(from Sunday's roast)
Mashed Potatoes Spinach. Sliced Tomatoes on Lettuce.
Creamy Rice Pudding
(done in oven with meat pie)

WEDNESDAY

Cream of Spinach Soup
(from spinach water and any left-over)
Broiled Loin or Shoulder Lamb Chops.
Scalloped Potatoes. Glazed Carrots. Green Peas.
Blancmange.

THURSDAY

Minced Steak Patties Baked in Tomatoes
(use thick pulp)
Home Fried Potatoes. Creamed Cauliflower. Cabbage Salad.
Apple Pie with Cheese.

FRIDAY

Cream of Tomato Soup
(juice drained from Thursday tomatoes).
Baked Fillets of Haddock.
Baked Potatoes. Green Cabbage.
(left from Thursday salad)
Buttered Beets.
Lemon Fluff.

SATURDAY

Parsley Potatoes. Liver and Bacon.
Rolls or Bread. Creamed Turnip. Green Beans.
Tapioca Fluff. Tea or Coffee.

ST. VALENTINE'S CHILDREN'S PARTY

Creamed Chicken in Potato Nests.
 Red Jelly Hearts on Shredded Lettuce.
 Bread and Butter Sandwiches.
 Valentine Ice Cream Molds. Orange Ice-Box Cookies.
 Pink Lemonade.

ST. VALENTINE'S TEA OR RECEPTION

Pimiento and Shrimp Rolls.
 Open Cheese and Red Currant Sandwiches.
 Minced Ham and Relish Sandwiches. Chicken and Almond Sandwiches.
 Surprise Macaroons.
 Melting Moments. Nut Brownies.
 Small Iced Cakes.
 Peppermints. Nuts. Gums.
 Tea or Coffee.

ST. VALENTINE'S LUNCHEON OR SUPPER

Red and White Fruit Cup.
 Beet and Apple Hearts on Lettuce. Potato Chips.
 Chicken à la King on Tea Biscuits.
 Valentine Cream Cake.
 Nuts. Candies.
 Tea or Coffee.

ST. VALENTINE'S DINNER

Seafood Cocktail with Cocktail Sauce.
 Baked Sliced Ham.
 Candied Sweet Potatoes. Harvard Beets. Green Peas.
 Apple Porcupine Salad.
 Baked Alaska with Valentine Ice Cream.
 Small Cakes. Tea or Coffee.

ST. VALENTINE'S BUFFET SUPPER

Carrot Strips. Celery. Radishes. Gherkins. Olives.
 Jellied Tuna Loaf surrounded with Tomato Jelly Hearts.
 Tomato Tea Biscuits.
 Shredded Beet and Celery Salad.
 Jellied Raspberry Tarts. Cheese and Crackers. Small Cakes.
 Tea or Coffee.

HALLOWE'EN DINNER MENU

Celery. Carrot Strips. Ripe Olives.
 Fruit Juice Cocktail.
 Prune Teaser Canapés.
 Roast Chicken with Sausage forcemeat Stuffing.
 Browned Potatoes. Brussels Sprouts. Glazed Pepper Squash.
 Orange Ice Cream. Chocolate Sauce.
 Small Cakes.
 Coffee. Rolls.

HALLOWE'EN BUFFET SUPPER TABLE

Jellied Tuna Loaf with Mayonnaise.
 Potato and Carrot Salad. Head Lettuce. Assorted Olives.
 Gherkins. Celery Hearts. Stuffed Celery.
 Cheese Filled Rolls.
 Witches' Cake. Small Cakes.
 Coffee.

THANKSGIVING DINNER MENU No. 1

Grape and Grapefruit Cocktail.
 Celery. Olives. Pickles.
 Roast Turkey.
 Almond Stuffing. Red Currant Jelly or Cranberry Sauce.
 Sweet Potato Puff or Creamy Mashed Potatoes.
 Glazed Onions. Cauliflower with Cheese Sauce.
 Bowl of Watercress with Tomatoes.
 Pumpkin Chiffon Pie.
 Mints. Coffee.

THANKSGIVING DINNER MENU No. 2

Celery, Olives, Radishes. Vegetable Consommé.
 Roast Duck.
 Brown Gravy.
 Spiced Apple Rings. Brussels Sprouts.
 Carrots in Orange Butter. Riced Potatoes or Candied Sweet Potatoes.
 Pumpkin Pie.
 Salted Nuts. Coffee. Mints.

EASTER DINNER No. 1

Easter Fruit Cocktail.
 Whole Baked Ham with Apricot Garnish.
 Glazed Carrots. Broccoli Hollandaise.
 Maple Sweet Potatoes. Curly Endive with French Dressing.
 Macaroon Cream.
 Rolls. Coffee.

EASTER DINNER No. 2

Easter Fruit Cocktail.
 Roast Leg or Loin of Lamb.
 Green Peas. Cauliflower au Gratin. Roast Potatoes.
 Curly Endive with French Dressing.
 Paradise Loaf.
 Rolls. Tea or Coffee.

BRIDE'S SHOWER MENU No. 1

Assortment of
 Chicken and Almond Sandwiches. Ham and Celery Sandwiches.
 Cheese and Olive Sandwiches. Tray of Open-face Fruit Sandwiches.
 Sponge Rings Filled with Lemon Fluff.
 Nuts. Mints.
 Coffee or Tea.

BRIDE'S SHOWER MENU No. 2

New Chicken Salad on Pineapple Rings.
 Hot Biscuits. Cheese Wheels.
 Small Iced Cakes. Assorted Small Cakes.
 Nuts. Coffee or Tea. Mints.

WEDDING SUPPER MENU No. 1

Celery. Olives. Gherkins. Radishes.
 Open-faced Sandwiches or Canapés. Chicken and Celery Sandwiches.
 Minced Ham and Pickle Sandwiches. Cheese and Olive Sandwiches.
 Cress and Asparagus Rolls.
 Small Iced Cakes. Assorted Small Cakes.
 Ice Cream Molds or Brick Ice Cream.
 Wedding Cake.
 Salted Nuts. Mints. Coffee.
 Punch.

WEDDING SUPPER MENU No. 2

Celery. Olives. Gherkins. Radishes.
 Chicken and Almond Salad.
 Cress Rolls. Buttered Rolls.
 Ice Cream with Fresh Strawberries.
 Small Iced Cakes. Assorted Small Cakes. Wedding Cake.
 Salted Nuts. Mints. Coffee.
 Punch.

WEDDING SUPPER MENU No. 3

Celery. Olives. Gherkins. Radishes.
 Jellied Chicken Salad.
 Sliced Tomatoes. Potato and Cucumber Salad.
 Mincemeat Cheese Fingers. Mint Water Ice.
 Small Iced Cakes. Assorted Small Cakes. Wedding Cake.
 Salted Nuts. Mints. Coffee.
 Punch.

CHICKEN DINNER MENU

Fresh Tomato Cocktail.
 Celery. Olives.
 Cream of Corn Soup.
 Roast Chicken.
 Brown Gravy. Oyster Stuffing. Riced Potatoes.
 Carrots. Fried Egg Plant.
 Romaine Salad, French Dressing
 Chocolate Spanish Cream. Small Cakes.
 Coffee.

CHRISTMAS MORNING BREAKFAST

Cranberry Juice Cocktail.
 Broiled Sausage and Bacon.
 Orange Marmalade.
 Coffee.
 Fruit Scones. Sliced Tomatoes.

CHRISTMAS HIGH TEA

Assorted Relishes.
 Cold Sliced Tongue Cold Sliced Ham
 Cold Sliced Jellyed Veal.
 New Haven Potato Salad.
 Jellyed Cranberry Salad
 Sponge Cake. Cookies. Fruit Cake.
 Preserved Fruit.
 Tea.

CHRISTMAS EVE BUFFET SUPPER

Oyster Stew.
 Jellyed Tongue.
 Vegetable Salad Bowl. Potato Chips. Sweet Gherkins.
 Carrot Fingers. Celery Curls. Olives. Radishes.
 Crackers and Cheese.
 Christmas Cookies. Fruit Cake. Hot Mince Tarts.
 Coffee or Tea.

CHRISTMAS EVE FAMILY SNACK

Hot Waffles with Hot Creamed Tuna Fish and Green Peas.
 Small Cakes. Tea or Coffee.

CHRISTMAS EVE SANDWICH SNACK

Toasted Cheese and Bacon Sandwiches.
 Toasted Salmon and Celery Sandwiches.
 Olives and Gherkins. Celery and Carrot Fingers.
 Small Cakes. Fruit Cake.
 Coffee or Punch.

SIMPLE CHRISTMAS EVE SNACK

Tray of Assorted Cheeses.
 Italian Bread Sticks. Assorted Crackers. French Bread.
 Gherkins. Radishes. Olives. Carrot Fingers. Celery Hearts.
 Small Cakes. Shortbreads. Christmas Cake.
 Coffee or Punch.

CHRISTMAS DINNER MENU No. 1

Sweet Gherkins. Celery. Radishes. Ripe Olives. Stuffed Olives.
 Oysters on the Half Shell. Red Cocktail Sauce.
 Roast Turkey
 with
 Garnish of Candied Orange Halves and Pickled Crabapples.
 Celery and Almond Stuffing. Brussels Sprouts.
 Harvard Beets.
 Creamy Mashed Potatoes. Candied Sweet Potatoes.
 Giblet Gravy.
 Poinsettia Salad.
 Plum Pudding. Nuts. Raisins. Brandy Sauce or Hard Sauce.
 Coffee. Mints.

CHRISTMAS DINNER MENU No. 2

Celery.	Radishes.	Sweet Gherkins.	Assorted Olives.
		Fruit Cocktail.	
		Roast Turkey.	
	Green Beans.	Harvard Beets.	
Creamy Mashed Potatoes.			Candied Sweet Potatoes.
Giblet Gravy.	Cranberry Relish.		Poinsettia Salad.
Plum Pudding with	Brandy Sauce or Tutti Frutti Cream.		
	Christmas Cake.		
Nuts.	Raisins.	Mints.	
	Coffee.		

CHRISTMAS DINNER MENU No. 3

Celery.	Olives.	Radishes.	Home-made Pickles.
		Roast Goose.	
	Spiced Apples.	Apple and Sage Stuffing.	
Mashed Turnips.	Green Peas or Beans.	Creamy Mashed Potatoes	
	Salad of Lettuce and Tomatoes.		
Jelly Christmas Pudding.	Whipped Cream.		
	OR		
	Steamed Cherry Pudding.		
Nuts.	Raisins.		
	Coffee.		

NOTE:—This menu is much more economical than the other two and is suitable for those on limited income. Geese are, as a rule, fairly inexpensive.

CHRISTMAS DINNER MENU No. 4

(Planned for those on a close budget.)

	Tomato Juice.		
	Roast Beef.		
	Creamed Carrots.	Browned Potatoes.	
	Plum Pudding.	Brown Sugar Sauce.	
Nuts.	Coffee.	Raisins.	

NOTE:—To save fuel in this menu it is advisable to put the potatoes around the meat. The carrots can also be cooked in the oven.

NEW YEAR'S EVE BUFFET SUPPER

	Assorted Relishes and Pickles.		
	Whole Virginia Baked Ham.	Whole Jellied Tongue.	
	Special Cabbage Salad.	New Haven Potato Salad.	
Midnight Cake.	Mince and Butter Tarts.	Small Cakes.	
	Cheese and Cracker Tray.		
Coffee.	Tea.	Punch.	

NEW YEAR'S EVE PASS-AROUND SUPPER

	Assorted Relishes.		
	Tuna Fish and Olive Sandwiches.		
Cheese and Green Pepper Sandwiches.	Chicken and Almond Sandwiches.		
	Individual Midnight Cakes.		
Lemon Tarts.	Fruit Cake.	Small Cakes.	
Coffee.	Tea.	Punch.	

NEW YEAR'S EVE HOT SUPPER

 Creamed Oysters and Celery in Timbales.
 Cold Sliced Virginia Ham.
Hot Potato Chips. Buttered Fresh or Canned Green Peas.
 (This all to be served on one plate from the kitchen.)
 Special Cabbage Salad in a Bowl.
 Hot Rolls.
 Relishes. Assorted Pickles.
Small Iced Cakes. Assorted Small Cakes. Fruit Cake.
 Coffee. Tea. Punch.

NEW YEAR'S EVE DINNER PARTY

(Will serve also for New Year's Day.)

 Tomato Bouillon.
 Virginia Baked Ham.
Carrots in Cream. Mustard Sauce. Brussels Sprouts.
 Candied Sweet Potatoes.
 Grapefruit and Endive Salad.
Orange Water Ice or Frozen Fruit Pudding. Small Cakes.
 Tea or Coffee.

NEW YEAR'S DAY DINNER

 Chilled Pineapple Juice.
 Roast Stuffed Chicken.
 Cranberry Sauce. Relishes. Rolls.
Cauliflower Duchesse. Brown Gravy. Creamy Mashed Potatoes.
 Bowl of Salad Greens.
Carrot Pudding. Lemon Sauce. Small Cakes.
 Tea or Coffee.

FAMILY WATCH NIGHT SUPPER

 Scrambled Eggs with Bacon.
 Hot Buttered Toast. Sliced Tomatoes.
Chili Sauce. Chilled Fruit Salad.
 Sponge Cake.

SIMPLE BRIDGE SUPPER

Chicken or Veal Sandwiches. Egg and Green Pepper Sandwiches.
 Cheese and Nut Sandwiches.
 Cress Rolls.
Assorted Small Cakes. Macaroons.
Ice Cream. Salted Nuts.
 Coffee. Punch.

VEGETABLE PLATE No. 1

Baked Stuffed Tomatoes. Sautéd Beets.
Mashed Summer Squash. Creamed Potatoes. Buttered Spinach.

VEGETABLE PLATE No. 2

Macaroni and Cheese. Broccoli with Hollandaise Sauce.
Fried Ripe Tomatoes. Buttered Carrot Fingers. Corn Fritters.

VEGETABLE PLATE No. 3

Whole Browned Potatoes. Cauliflower with Cheese Sauce.
Buttered Lima Beans. Fried Egg Plant. Parsleyed Carrots.

VEGETABLE PLATE No. 4

Scalloped Potatoes. Vegetable Marrow.
Buttered Green Peas. Baked Whole Tomatoes.
Onions Stuffed with Baked Beans.

OYSTER SUPPER No. 1

Celery. Olives. Radishes. Gherkins.
Oyster Stew.
Chicken Molded in Tomato Aspic.
Thin Bread and Butter.
Small Cakes. Coffee.

OYSTER SUPPER No. 2

Fried Oysters. Special Cabbage Salad.
Hot Finger Rolls. Relishes. Lemon Ice. Angel Food.
Coffee.

WAFFLE PARTY

Fruit Salad. Waffles with Maple Syrup.
Cocoanut Chews.
Coffee.

PANCAKE PARTY

Pancakes with Maple Syrup.
Jellied Fruit Cake. Chocolate Crisps.
Coffee or Tea.

COCOA OR HOT CHOCOLATE PARTY

Cinnamon or Orange Toast or Toasted Fruit Bread.
Plain Sponge Cake. Butter Cookies.
Hot Cocoa or Chocolate with Marshmallows or Whipped Cream.

TEA MENU No. 1

	Mock Chicken Sandwiches.	
Cheese Sandwiches with Date Bread.		Small Cakes.
	Tea.	

TEA MENU No. 2

	Olive and Cheese Sandwiches.	
Hot Tea Biscuits with Honey Butter.		Pineapple Cake.
	Tea.	

TEA MENU No. 3

	Chicken and Pecan Sandwiches.	
Butterscotch Muffins.		Small Cakes.
	Tea.	

SOME BREAKFAST MENUS

Stewed Rhubarb.	Cereal.	Cream.
	French Toast with Jelly.	
	Coffee.	
Grapefruit Sections.	Cereal.	Cream.
	Scrambled Eggs on Toast.	
	Coffee.	
Orange Juice.	Cereal	Cream.
	Waffles with Sausages.	
	Coffee.	
Stewed Prunes.	Cereal.	Cream.
	Bacon and Eggs.	Hot Muffins.
	Coffee.	
Iced Pineapple Juice.	Cereal.	Cream.
	Corned Beef Hash.	Toast.
	Coffee.	
Grapefruit halves.	Cereal.	Cream.
	Bacon and Kidney Sauté	Toast.
	Coffee.	
Prune Juice.	Cereal.	Cream.
	Eggs Baked with Ham.	Toast.
	Coffee.	

PICNIC SUPPER No. 1

	Baked Ham.	
Potato Salad.	Tomatoes.	Mustard Pickles.
	Buttered Rolls.	Strawberry Shortcake.
	Coffee.	Celery.

PICNIC SUPPER No. 2

Stuffed Eggs. Ham and Potato Salad. Tomatoes.
 Bread and Butter Sandwiches.
 Layer Cake. Ice Cream (packed in dry ice)
 Coffee.

PICNIC SUPPER No. 3

Ham and Pickle Sandwiches.
 Peanut Butter, Bacon and Pickle Sandwiches.
 Chopped Egg and Chive Sandwiches.
 Date Bread Sandwiches with Cream Cheese Filling.
 Tomatoes. Sliced Cucumbers.
 Butter Tarts. Hermits and Cookies.
 Coffee.

PICNIC MENU

Sliced Roast Beef and Horseradish Sandwiches.
 Sardine and Egg Sandwiches. Cheese and Nut Sandwiches.
 Whole Small Tomatoes. Celery and Radishes.
 Baked Lemon Tarts. Chinese Chews. Chocolate Cookies.
 Any Desired Beverage.

NOTE:—Now this type of lunch is fine when you are going to a place where you can't build a fire, but when you are going to a place where you can build a fire or may be you own one of those fine camp stoves that fold up, then, oh, then you take along a supper!

OUTDOOR SUPPER No. 1

Fried Sausage with Baked Beans.
 French Bread. Butter.
 Can of "Fruits for Salad". Chocolate Cake.
 Coffee.

OUTDOOR SUPPER No. 2

Minced Steak made into large flat Patties.
 Round Soft Buns. Spanish Onion. Catsup.
 Cantaloupe. Cookies.
 Coffee.

NOTE:—In this lunch the patties are fried and placed between the split buns with a whole slice of Spanish onion.

OUTDOOR SUPPER No. 3

Corned Beef Hash.
 Sliced Tomatoes. Sweet Pickles.
 Gingerbread with Crushed Pineapple.
 Coffee.

POINTS ON MENU PLANNING

(1) If you have a roast one night—keep it in the refrigerator the next and then use it cold or reheated on the third night. Roast one night—cold meat next night has all the earmarks of a boarding house. Once in a while you can do it but never make a habit of it.

(2) Keep your plate interesting. Always have one bright colored vegetable on the plate.

(3) Ice cream, pastries and steamed or other rich desserts should be used with discretion after a light dinner course, never after pork, goose or duck dinners.

(4) Never serve two vegetables with sauces—or two mashed vegetables. For instance, mashed turnips and mashed potatoes would be much better as mashed turnips and browned or baked potatoes. Understand?

(5) For ordinary everyday planning, when you have used an expensive meat cut—obtain a financial balance by using cheaper vegetables and an inexpensive dessert. When your meat course has been thrifty indulge in a fussy dessert or a more dressed-up vegetable.

(6) Guard against the over use of fried foods and starchy foods.

GARNISHING

Garnishing is really an art. It can be just as badly done as anything else. Far better to stick to using a sprig of parsley or watercress than to over-garnish a dish.

A dish unattractively served will certainly not have the same appeal as one neatly and attractively garnished. You "see" before you "eat"—and the "seeing" very often revives a laggard appetite.

A poached egg on a slice of toast is good to eat—true, but trim the crusts, sprinkle a light dust of paprika on top and tuck a sprig of parsley at the side and it's good to look at as well. Garnishing does not have to be elaborate; it needs must be neat and dainty to have appeal.

Parsley is the recognized meat garnish, except that I like to use crisp, perky watercress for broiled steaks, chops or mixed grills. For roasts, a ring of parsley can be arranged around a rolled roast or with a fowl clumps of parsley can be tucked in by the legs and wings.

Parsley can be alternated with mounds of a diced vegetable or whole vegetable around the meat. Do this only where the platter is large and where the meat does not require much carving. Crowd a platter containing meat which your husband has to carve and I don't blame him for glaring at you!

Fish of all kinds uses lemon as a garnish not only because it is attractive but because it serves as the necessary accompaniment. The lemon can be cut in sections and then dipped in chopped parsley or sliced, and the top half trimmed away from the rind to make a basket effect. Gherkins and hard-cooked egg with strips of pimienta can also make an attractive fish garnish.

A roast of pork or ham can be made most interesting by placing red currant jelly in the centre of a slice of pineapple and arranging around the roast with watercress or parsley. Mint jelly in pear halves alternated with watercress can make a leg of lamb look as though it's going places.

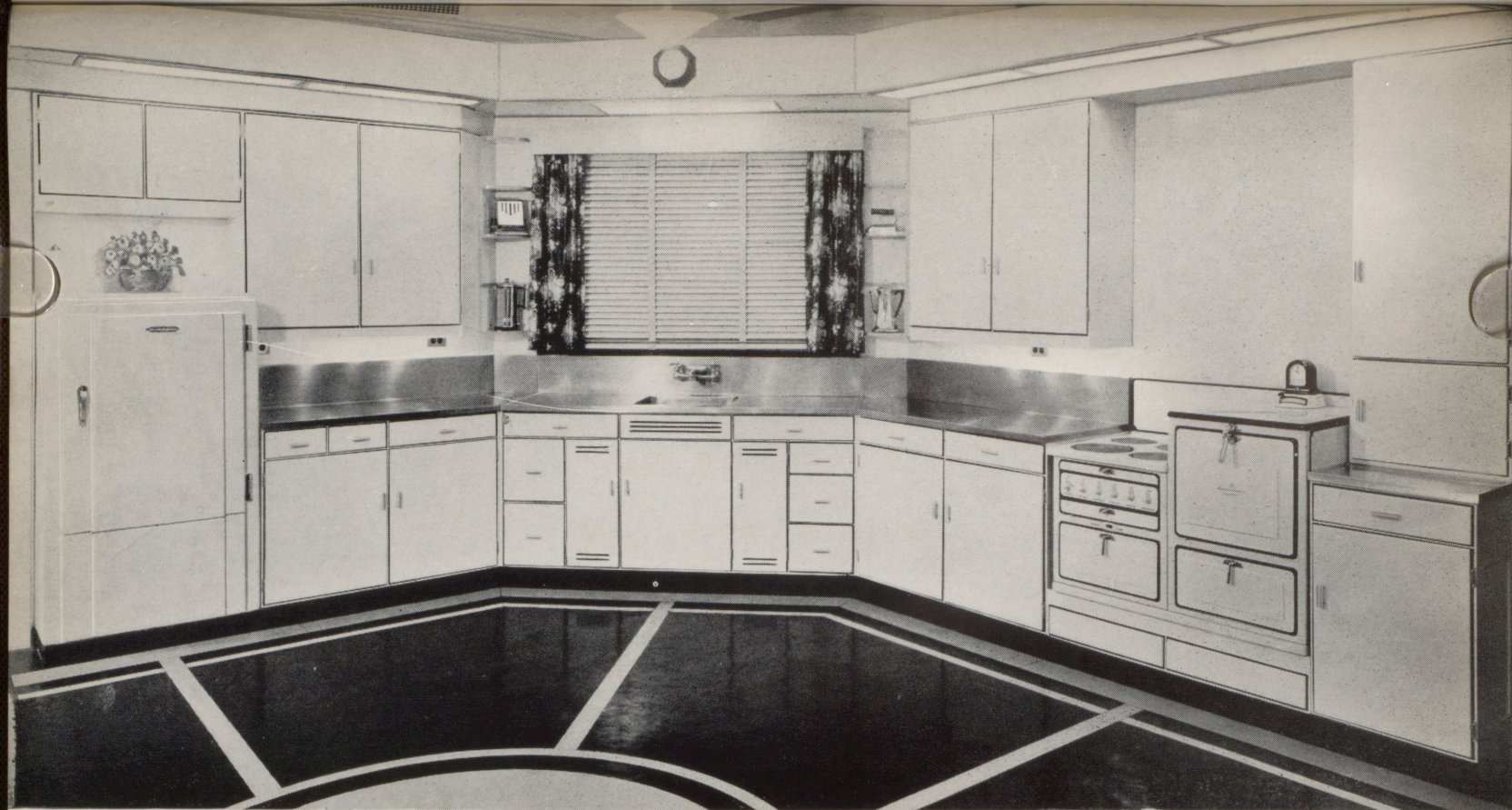
When I bake a meat loaf I usually manage to either bake or roast (in fat) whole potatoes in the oven at the same time. These alternated with whole string beans, carrot fingers, beet slices or some other colorful vegetable make a most interesting platter to place on the table.

Ordinary every day "mince", as the Scottish people call it, or "Hamburg" as we call it, can be dressed up with a mashed potato border or served with toast points.

In nearly every case we have suggested the use of one or more of your dinner vegetables as a garnish. This not only saves dish washing by not using extra vegetable dishes, but simplifies service by having most of the serving done by one person.

Another point is, to use for garnishing ingredients that may be eaten with the food. A regular exception (and there's always one to prove the rule) is the paper curls for chops. These are really not used in the homes as much as they were and are even losing popularity in hotel and restaurant service.

Cold meats lend themselves to being garnished with sliced tomatoes, cucumbers and pickles. Mounds of potato salad or other vegetable salad may be arranged in lettuce cups and placed around the meat. Jellied molds make another attractive garnish as well as accompaniment to cold meat.



Courtesy CANADIAN WESTINGHOUSE COMPANY LIMITED

A MODERN KITCHEN

To thrill the heart of any woman preparing three meals a day.

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KITCHEN EQUIPMENT

CHECK LIST

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|-----------------------------|-----------------------------|
| 1 roaster. | 4 wooden spoons. |
| 1 steamer with pot and lid. | 1 pastry brush. |
| 1 large preserving kettle. | 2 paring knives. |
| 1 double boiler. | 2 case knives. |
| 4 saucepans with covers. | 1 bread knife. |
| 3 covered baking dishes. | 1 fruit knife. |
| 1 waffle iron. | 1 grapefruit knife. |
| 1 frying pan. | 1 meat slicing knife. |
| 1 tea kettle. | 1 measuring cup. |
| 1 dish pan. | 2 sets measuring spoons. |
| 3 pie plates. | 2 kitchen tablespoons. |
| 1 pastry board. | 2 kitchen teaspoons. |
| 1 rolling pin. | 2 kitchen forks. |
| 1 cover for rolling pin. | 1 set skewers. |
| 1 dough blender. | 1 rubber dish scraper. |
| 1 flour sifter. | 1 set tongs. |
| 1 set large muffin tins. | 1 6-inch spatula. |
| 1 set gem pans. | 1 broad spatula. |
| 1 jelly cake pan. | 1 pair kitchen scissors. |
| 1 angel cake pan. | 1 double Dover egg beater. |
| 1 medium loaf pan. | 1 electric mixer. |
| 1 set layer cake pans. | 1 potato masher. |
| 2 square cake pans. | 1 potato ricer. |
| 1 set fruit cake pans. | 1 set graters. |
| 2 cake racks. | 1 purée pusher. |
| 2 baking sheets. | 1 cake decorator set. |
| 1 large ring mold. | 1 vegetable brush. |
| 6 small ring molds. | 1 bottle brush. |
| 1 set of fancy molds. | 1 round cutter. |
| 1 deep frying basket. | 1 doughnut cutter. |
| 1 large sieve. | 1 set fancy cutters. |
| 1 small sieve. | 1 can opener. |
| 1 sink strainer. | 1 bottle opener. |
| 1 wooden chopping board. | 1 meat chopper. |
| 1 bread board. | 1 egg slicer. |
| 1 bread box. | 1 deep fat thermometer. |
| 1 flour tin. | 1 cake tester. |
| 2 sugar tins. | 1 scoop. |
| 1 coffee tin. | 1 melon scoop. |
| 1 tea tin. | 1 ladle. |
| 1 cornstarch tin. | 1 small funnel. |
| 1 set tins for spices. | 1 egg turner. |
| 1 butter dish. | 8 tea towels. |
| 1 set glass mixing bowls. | 2 dish cloths. |
| 1 pyrex casserole. | 2 pot holders. |
| 1 set custard cups. | 1 set ice box cookie molds. |
| 1 coffee percolator. | 1 apple corer. |
| 1 set scales. | 1 cookie press. |

COOKING & HOUSEKEEPING HINTS

USES FOR EGG YOLKS

Substitute 2 egg yolks in place of 1 whole egg in: custards, salad dressings, cookies and sauces.

Use for Hollandaise sauce.

Use for making parfaits and the custard foundations for your home-made ice cream.

Drop them into water at the boiling point, cover and poach as you would a whole egg. When hard, press through a sieve as a garnish either for vegetable or salad.

After you have cooked a cream sauce until thick add some of the hot mixture to a beaten egg yolk, and then return it to the stove to cook for another 2 minutes. Cook very gently.

Add a tablespoon of water to each beaten egg yolk and use this for dipping veal cutlets and fish cutlets, etc., for frying and baking.

USE OF MELTED FAT IN A RECIPE

When the recipe calls for 2 tablespoons melted fat it means the fat should be measured after it is melted. If it says 2 tablespoons of fat, melted, it means to measure the fat and then melt it.

PREPARING BANANAS

Inside the banana skin there is a "fuzziness" that clings to the banana somewhat when it is peeled. If you should scrape some of this off the skin and taste it you will find it is very bitter and has the same astringent tendency in the mouth as has over-brewed tea. Consequently we try to get rid of this by scraping the banana after peeling and before eating. This should always be done when it is to be served to children.

TO OBTAIN ONION JUICE

You cut a slice from an onion crosswise. With a sharp knife scrape across the onion, cutting off a slice each time it appears dry, and continue in this way until you have all the onion juice that you require.

USE FOR OLD BLINDS

Preserved jellies and canned fruits should be kept in a dark cupboard. If the cupboard is open use an old dark shade to cover them that can be rolled up and down as you want to use the fruits.

MOLDING JELLIES

The very easiest and most modern way to remove your jellied salads without trouble from your molds is to lightly brush the inside of the mold with a salad oil. You will not taste the oil and the joy of, for once, having a salad unmold in one piece will quite delight you. Moreover, you will not have the melted portion of your salad floating around the plate as you sometimes do when the mold has been held in hot water to loosen it.

COLORED SUGAR OR COCOANUT

You can purchase this or you can make it yourself by adding a drop or so of desired liquid vegetable coloring to a small dish of sugar and mixing it quickly with the back of a spoon.

A TRAY AS AID TO HOUSEWORK

Trays save so many steps. For cleaning they not only carry polishes and dust cloths but are convenient for collecting ash trays, flower vases, papers, etc. I use a tray in the kitchen. A tray carries milk, butter, bacon, eggs, fruit, and so on in one trip from the refrigerator. It also helps in setting and clearing a table, taking nearly everything in one trip.

WHEN MAYONNAISE CURDLES

Take another egg yolk in a fresh bowl and very slowly beat in the curdled dressing and continue until all ingredients are used.

TOO MUCH SALT

In soup is remedied by adding a half to whole cup of sliced raw potatoes. Leave to stand 10 to 15 minutes and strain out.

BURNT VEGETABLES

May be salvaged if they have just started to burn if the pan containing the vegetables is placed in another larger pan of cold water. The vegetable should then be shaken, not scraped into a fresh pan or bowl. If not done, add a little fresh water and continue to cook.

WAX ON FRUIT

Is easier to remove if a piece of string is laid across the top of the jam, with two ends up, before the wax is poured on. After hardening, these two ends act as levers to lift the wax.

CURDLED CUSTARD SAUCE

Can be corrected by beating at once with a Dover beater.

CURDLED CREAM SOUPS

Can be often saved by the addition of 1 tablespoon soda cracker crumbs.

QUICK COOKING TIPS

A pinch—a good-sized one—of curry powder added to lamb gravy takes away all that “wooly” taste.

A wee dash of ginger added to the mashed squash is unusual and very good. Of course, the usual seasonings and butter are used as well.

A delicious easy dessert is a square of hot gingerbread topped with chocolate ice cream.

If you like sliced bananas with cream, use brown sugar instead of white on them next time.

I like sliced bananas—so here's another—Mix equal quantities of honey with grapefruit juice and pour over the bananas. No cream this time!

Next time you run out of cookies for the lunch box or for a late snack, beat up a fluffy, plain butter icing and put two crisp graham crackers together with it.

Have you heard about using the syrup from your pickled fruits to baste veal or pork? And have I suggested to add gelatine and a little coloring (to match your color scheme) to the vinegar for sweet mixed pickles. When set it makes a delightful garnish for your salads. I have also used it as a centre for open sandwiches.

BAGS FOR GARBAGE

Use your large paper bags that you get your large vegetables and groceries in to line your sani-can in the kitchen. It will keep your sani-can in better condition, besides making the garbage so much easier to collect.

TO REMOVE FRUIT STAINS

Boiling water poured over a fruit stain is the quickest way to remove them from napkins or tablecloths. If the whole cloth does not need laundering, stretch the place with the stain in embroidery hoops and pour the water through.

TIME SAVERS

Put your dry bread crusts through the mincer after you have been using it to mince some of the stickier things, and it will clean your mincer very satisfactorily, leaving it dry with no danger of it rusting.

Use the vinegar from the pickles of the sweet type in your salad dressings; the extra spicy flavor acquired in this way will make your dressing of more than usual fine flavor.

If you use any quantity of grated cheese for sprinkling over dishes then grate a quantity, using hard cheese, and place it in a covered sealer in the refrigerator.

Next time you make cream sauce, make twice as much as you need and put half of it in the refrigerator to use another time. This saves both time and labor.

NO KITCHEN HANDS

Keep a half of a lemon near the sink to rub quickly on your hands after peeling vegetables and this prevents stains accumulating and spoiling the appearance of your hands. There is more truth than poetry in the "ads" that warn you against hands that speak too loudly of the kitchen. No one should ever be ashamed of their work, but with all the suggestions for keeping your hands nice, there is no reason for them becoming uninteresting and unattractive. Later, when you have your own rhubarb in the garden, you will find it more economical to use and just as effective.

WHEN FRYING FISH

If you fry fillets of fish to a great extent, you may appreciate the suggestion of putting the crumbs or flour or your other coating in a paper bag and then drop the batter-dipped or egg-dipped fillets into this and shake vigorously until well coated.

STORING SILVER

Pieces of silver to be stored tarnish very little if after cleaning they are wrapped in black tissue paper.

REMOVING WAX

Spots of grease or wax are easiest removed from the materials by placing a fairly hot iron over a blotting paper on the spots. The iron heats the fat or wax, melting it into the blotting paper.

GLOSSARY

ACIDULATED WATER—This is water to which vinegar has been added (or lemon juice) in the proportion of 2 tablespoons to 1 cup water.

ASPIC—Is a clear jelly sometimes of meat stock (originally so) and sometimes of vegetable stock such as tomato juice.

AU GRATIN—Any dish, usually vegetables or fish, covered with buttered crumbs and browned in the oven. It does not necessarily mean that cheese is included as is generally believed.

BLANCH—To remove skins by means of dipping fruits or nuts in boiling water for the purpose of removing the skins. Fruits are usually dipped in cold water immediately after to firm the fruit.

BOUCHE—In other words the French for a mouthful and a small one at that! This is a small cream puff served at teas or as an appetizer. The filling is either a savory salad or creamed mixture.

BOULLON—A clear meat broth.

BRAISE—To cook meat by searing in fat, and then simmering in a covered dish with little moisture.

CANAPÉ—A savory composed of thin crisp crackers or toasted bread spread with a savory to be served with cocktails before dinner.

CASSEROLE—An earthenware dish in which food is baked and served.

CHOWDERS—Are a cross between a stew and a soup. Thickened with cracker crumbs the other ingredients are usually fish, potato cubes and milk.

COMPÔTE—Fruit cooked either whole or in sections in sugar syrup so that it will not break up.

CONDIMENTS—Highly flavored spices and seasonings.

CROUSTADE—A large cube of bread, hollowed out in centre and brushed with melted butter then placed in the oven to brown. It is then served filled with creamed mixtures.

CROUTONS—Small cubes of bread toasted to a golden brown and used as an accompaniment of soups.

DESICCATED—Fruit, cocoanut, fish, etc., preserved by drying.

DREDGE—To sprinkle with flour. You can purchase a dredger at any hardware department.

ENTRÉE—A hot or cold dish served between the main courses.

ESPAGNOLE—A brown sauce.

FILLET—A piece of meat or fish that has had the bone or bones removed. The undercut of beef is also known as a fillet because it is without bone.

FONDANT—A creamy preparation of sugar, used as the basis of candy or icing.

FORCEMEAT—Meat chopped fine and highly seasoned, used as a stuffing.

GLACE—A hard clear candy coating used on fruits and nuts.

GLAZE—This is a finish with a shiny glazed appearance that is given to various foods by brushing with egg, sugar or fruit syrups.

GRILL—Is another word for broil. This term is used for open fire cooking.

HORS-D'OEUVRES—An assortment of small servings of savory foods used as the appetizers at dinner. Sometimes passed and eaten with the fingers with cocktails and other times served right at the table before the soup course.

MARINATE—Usually a term used in the making of salads. It means combining the salad ingredients with French dressing and setting them aside to chill and blend in flavor.

MACEDOINE—A combination of fruits or vegetables cut in different shapes and served together.

PARBOIL—Merely means to partly cook as the rest of the cooking is usually done in some other manner.

PURÉE—This can be either a thick pulp resulting from pressing fruit or vegetables through a sieve or it may be a soup thickened with vegetable pulp.

RAGOUT—Simply French for a stew.

RENDER—To melt down, extract or clarify fat by melting.

SAUTÉ—To fry quickly in a hot pan with a small amount of fat.

SCORE—Means to mark the top of a roast such as ham or pork with a sharp knife into diamonds or squares.

SOUFFLÉ—A mixture that is made lighter by the incorporating of beaten egg whites.

STOCK—A flavored liquid either from meats or vegetables and used as an ingredient in soups or sauces.

TIMBALES—Used to hold creamed mixtures and made by dipping a hot iron into a thin batter then cooking in deep fat.

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